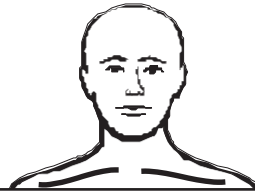




The Stress Reaction Cycle

External Stress Events

(stressors)



Cardiovascular
Musculoskeletal
Nervous System
Immune System

r r r

Internal Stress Events

Perception Appraisal

fight or flight
alarm reactivity

Stress Reaction
 hypothalamus
 + pituitary +
 adrenals

acute hyperarousal
BP ↑, pulse rate ↑

Internalization:
 inhibition of the
 stress reaction

chronic hyperarousal
 HBP
 arrhythmias
 sleep disorders
 chronic headaches, backaches...
 anxiety

Maladaptive Coping

self-destructive behaviors
 overworking
 hyperactivity
 overeating

substance dependency
 drugs
 alcohol
 cigarettes
 caffeine
 food

Breakdown

physical / psychological
 exhaustion
 loss of drive, enthusiasm,
 depression
 genetic predispositions
 heart attack
 cancer

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.