

205. FACTORS INFLUENCING STRESS

The variation in the impact of a stressor on a person is related to the person's age, social status, income, state of health, diet, sleep habits, cultural background, and previous experience.

EXTERNAL DEMANDS

- ➔ Family
- ➔ Individual
- ➔ Social
- ➔ Environmental
- ➔ Financial
- ➔ Work/school

INTERNAL DEMANDS

- ➔ Responsibility
- ➔ Obligations
- ➔ Self-criticism

VULNERABILITY

- ➔ Genetic predisposition
- ➔ Coping skills
- ➔ Lifestyle

SYMPTOMS/ILLNESS

ATTITUDES/BELIEFS/VALUES

PAST EXPERIENCES

A person's response to a stressor also varies depending on how much control that person thinks that he or she has over a situation.

CHRONIC STRESSES—stressors that continue indefinitely or are recurrent.

MAJOR LIFE EVENTS—stressors that are bad for a period of time and then go away.

DAILY HASSLES—unpleasant, often temporary, events.

