

600 million

Multi-cellular

First organisms with simple nervous systems



500 million



Reptilian



Mammalian



Primate

2 million



Prehistoric



Ancient

19th century

Modern times

"Stress" gains worldwide recognition thanks to the pioneering endocrinologist Hans Selye's - GAS model. We know the impact on our health and wellbeing.



21st century

Today

Advances in neuroscience, epigenetics and gut-brain connections deepen our understanding of stress.



brief history of Stress

Brain Stem



Avoid harm

Fight-Flight-Freeze

Primitive stress response to survive environmental threats. Pass on genes.

Threats are war, famine and natural disasters, rather than predators.

Industrialisation

Shift to industrial economies leads to harsh working conditions and pollutants

Limbic System



Approach reward

Feel-Bond-Remember

Basic emotional processing and social behaviours.

Developing hierarchical societies, religion and communal living.

Urbanisation

Population growth and migration to cities led to crowded living

Cortex



Connect with others

Think-Plan-Connect

Early forms of problem solving and building of social connections.

Cultural and cognitive advances through art, language and society.

Technology

Adapting to technology, machinery, automation & transport brings stress

General Adaptation Syndrome (GAS Model)



4 Types of Stress

Acute:	Brief, intense pressure.
Epileptic:	Repeated acute stress.
Chronic:	Persistent, enduring stress.
Eustress:	Positive, motivating stress.

Allostatic Load

Stressors	Cumulative wear and tear due to chronic exposure to stressors.
Response	
Adaptation	
Allostatic load	

2 key models

Psycho-social Stress Theory	Transactional Model of Stress and Coping
------------------------------------	--



Derek Hill
wakingwaves.com/words

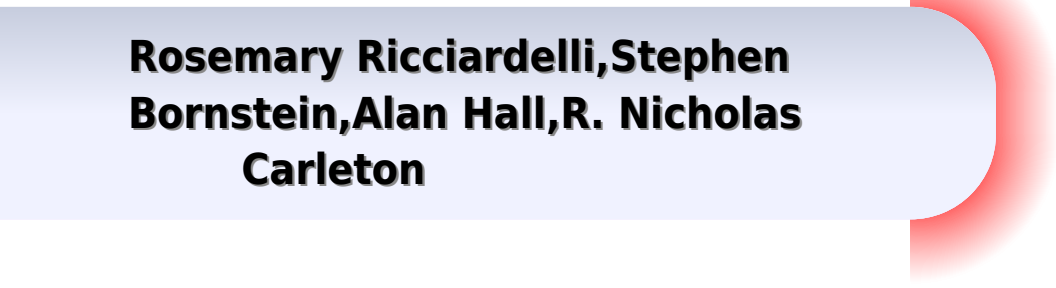


Waking Waves



Stress A Brief History

**Rosemary Ricciardelli, Stephen
Bornstein, Alan Hall, R. Nicholas
Carleton**



Stress A Brief History:

Stress Cary L. Cooper, Philip J. Dewe, 2008-04-15 *Stress A Brief History* is a lively accessible and detailed examination of the origins of the field of stress research First concise accessible academically grounded book on the origins of the concept of stress Explores different theories and models of stress such as the psychosomatic approach homeostasis and general adaptation syndrome Discusses the work and intriguing contributions of key researchers in the field such as Walter Cannon Hans Selye Harold Wolff and Richard Lazarus Explains the origins of key concepts in stress such as stressful life events the coronary prone personality and appraisals and coping Culminates in a discussion of what makes a good theory and what obligations stress researchers have to those whose working lives they study **Stress** Cary L. Cooper, Philip J.

Dewe, 2004-06-07 *Stress A Brief History* is a lively accessible and detailed examination of the origins of the field of stress research First concise accessible academically grounded book on the origins of the concept of stress Explores different theories and models of stress such as the psychosomatic approach homeostasis and general adaptation syndrome Discusses the work and intriguing contributions of key researchers in the field such as Walter Cannon Hans Selye Harold Wolff and Richard Lazarus Explains the origins of key concepts in stress such as stressful life events the coronary prone personality and appraisals and coping Culminates in a discussion of what makes a good theory and what obligations stress researchers have to those whose working lives they study **The Age of Stress** Mark Jackson, 2016-11-17 We are living in a stressful world yet despite our familiarity with the notion stress remains an elusive concept In *The Age of Stress* Mark Jackson

explores the history of scientific studies of stress in the modern world In particular he reveals how the science that legitimates and fuels current anxieties about stress has been shaped by a wide range of socio political and cultural as well as biological factors stress he argues is both a condition and a metaphor In order to understand the ubiquity and impact of stress in our own times or to explain how stress has commandeered such a central place in the modern imagination Jackson suggests that we need to comprehend not only the evolution of the medical science and technology that has gradually uncovered the biological pathways between stress and disease in recent decades but also the shifting social economic and cultural contexts that have invested that scientific knowledge with meaning and authority In particular he argues we need to acknowledge the manner in which enduring concerns about the effects of stress on mental and physical health are the product of broader historical preoccupations with the preservation of personal and political as well as physiological stability

Stress, Shock, and Adaptation in the Twentieth Century David Cantor, Edmund Ramsden, 2014 This edited volume brings together leading scholars to explore the emergence of the stress concept and its ever changing definitions since the 1940s Stress is one of the most widely utilized medical concepts in modern society Originally used to describe physiological responses to trauma it is now applied in a variety of other fields and contexts such as in the construction and expression of personal identity social relations building and engineering and the various complexities of the competitive capitalist economy

In addition scientists and medical experts use the concept to explore the relationship between an ever increasing number of environmental stressors and the evolution of an expanding range of mental and chronic organic diseases such as hypertension gastric ulcers arthritis allergies and cancer This edited volume brings together leading scholars to explore the emergence and development of the stress concept and its definitions as they have changed over time It examines how stress and closely related concepts have been used to connect disciplines such as architecture ecology physiology psychiatry psychology public health urban planning and a range of social sciences its application in different settings such as the battlefield workplace clinic hospital and home and the advancement of techniques of stress management in a number of different national sociocultural and scientific locations Contributors Theodore M Brown David Cantor Otniel E Dror Rhodri Hayward Mark Jackson Robert G W Kirk Junko Kitanaka Tulley Long Joseph Melling Edmund Ramsden Elizabeth Siegel Watkins Allan Young David Cantor is acting director Office of History National Institutes of Health Edmund Ramsden is Wellcome Trust University Award Research Fellow at the School of History Queen Mary University of London

One Nation Under Stress Dana Becker, 2013-02-11 Stress Everyone is talking about it suffering from it trying desperately to manage it now more than ever From 1970 to 1980 2 326 academic articles appeared with the word stress in the title In the decade between 2000 and 2010 that number jumped to 21 750 Has life become ten times more stressful or is it the stress concept itself that has grown exponentially over the past 40 years In *One Nation Under Stress* Dana Becker argues that our national infatuation with the therapeutic culture has created a middle class moral imperative to manage the tensions of daily life by turning inward ignoring the social and political realities that underlie those tensions Becker shows that although stress is often associated with conditions over which people have little control workplace policies unfavorable to family life increasing economic inequality war in the age of terrorism the stress concept focuses most of our attention on how individuals react to stress A proliferation of self help books and dire medical warnings about the negative effects of stress on our physical and emotional health all place the responsibility for alleviating stress though yoga deep breathing better diet etc squarely on the individual The stress concept has come of age in a period of tectonic social and political shifts Nevertheless we persist in the all American belief that we can meet these changes by re engineering ourselves rather than tackling the root causes of stress Examining both research and popular representations of stress in cultural terms Becker traces the evolution of the social uses of the stress concept as it has been transformed into an all purpose vehicle for defining expressing and containing middle class anxieties about upheavals in American society *The Handbook of Stress Science* Richard Contrada, Andrew Baum, 2010-09-29 For those who are entering the field or who want to broaden their perspective I believe that this Handbook is indispensable More than just a contribution to the field the Handbook may well become a classic *Psyccritiques* The editors fully achieved their goal of producing a state of the science stress reference for use by investigators educators and practitioners with clinical and health interests *Psycho Oncology* This is an important book about

the scientific study of stress and human adaptation It brings together both empirical data and theoretical developments that address the fundamental question of how psychosocial variables get inside the body to influence neurobiological processes that culminate in physical disease From the Foreword by David C Glass PhD Emeritus Professor of Psychology Stony Brook University Edited by two leading health psychologists The Handbook of Stress Science presents a detailed overview of key topics in stress and health psychology With discussions on how stress influences physical health including its effects on the nervous endocrine cardiovascular and immune systems the text is a valuable source for health psychologists as well as researchers in behavioral medicine neuroscience genetics clinical and social psychology sociology and public health This state of the art resource reviews conceptual developments empirical findings clinical applications and investigative strategies and tools from the past few decades of stress research It represents all major approaches to defining stress and describes the themes and developments that characterize the field of health related stress research The five sections of this handbook cover Current knowledge regarding the major biological structures and systems that are involved in the stress response Social contextual contributions to stress and to processes of adaptation to stress including the workplace socioeconomic status and social support The concept of cognitive appraisal as it relates to stress and emotion psychological factors influencing stress such as personality gender and adult development The evidence linking stress to health related behaviors and mental and physical health outcomes Research methods tools and strategies including the principles and techniques of both laboratory experimentation and naturalistic stress research

Organizational Stress Management A. Weinberg,V. Sutherland,C. Cooper,2015-12-30 Including practical advice on how to conduct a stress audit and how to target stress hot spots within an organization Organizational Stress Management provides a fresh strategic model for the manager concerned with the negative effects stress can have both on company performance and the quality of life of individuals at work

Stress in Post-War Britain, 1945-85 Mark Jackson,2016-12-05 In the years following World War II the health and well being of the nation was of primary concern to the British government The essays in this collection examine the relationship between health and stress in post war Britain through a series of carefully connected case studies

Handbook of Posttraumatic Stress Rosemary Ricciardelli,Stephen Bornstein,Alan Hall,R. Nicholas Carleton,2021-09-30 The Handbook of Posttraumatic Stress provides a comprehensive review of posttraumatic stress in its multiple dimensions analyzing causation and epidemiology through prevention and treatment Written by a diverse group of scholars practitioners and advocates the chapters in this book seek to understand the history the politics and the biological psychological and social processes underlying posttraumatic stress disorder PTSD Featuring studies that focus on some of the most seriously affected occupational groups the text examines topics such as how individuals experience PTSD in different work settings and the complexities of diagnosis treatment and recovery for those workers and their families Together the contributions provide an in depth examination of the current understood causes impacts and treatments of and for posttraumatic stress mobilizing

academic administrative and clinical knowledge and lived experience to inform ongoing and future work in the field Drawing from range of different topics fields of study and research methods this text will appeal to readers across medical mental health and academic disciplines *Work Stress and Coping* Philip J. Dewe, Cary L. Cooper, 2017-05-01 Work Stress and Coping the authors provide an historical account of workplace stress taking a broad approach by integrating the macro forces impacting the micro and highlighting what the research in the field tells us about the changing nature of work so that individuals and organisations can create more liveable working environments With an emphasis on the growing influence of globalization the book explores the forces of change within contemporary societies and assesses how they have fundamentally changed the nature of work and the direction of research into stress and coping Capturing the history context critique and transformation of theory into practice the authors offer an insight into how managers and businesses have failed the effects this has had on how work is experienced the evolution and relevance of existing theories and suggest alternative methods and future directions Suitable reading for students of HRM Organisational Behaviour and Occupational Psychology

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