

# **JIM C – HEALTH TERMS**

## **MONDAY - 10/19/2009**

**If not managed appropriately, stress can lead to serious problems.**

### **HOW DID THE TERM “STRESS” ORIGINATE?**

***Wikipedia:* A biological term for the consequences of the failure of a human or animal to respond appropriately to emotional or physical threats to the organism, whether actual or imagined.**

***Origin:* Circa 1300, "hardship, adversity, force, pressure," a shortening of M. French *destresse*, from Latin *strictus* "compressed".**

- 1932 - Dr. Walter Cannon demonstrated that stress releases powerful neurochemicals and hormones to prepare us for action**
- 1936 - Endocrinologist Hans Selye broadened and popularized the concept to include the response of the body to any demand**
- 1942 – Meaning of stress used in a purely psychological sense**

***Problem:* Exposure to chronic stress can contribute to both physical illnesses, such as heart disease, and mental illnesses, such as anxiety disorders. Prolonged, uninterrupted, unexpected, and unmanageable stresses are the most damaging types of stress.**

**The management of stress depends mainly on the willingness of a person to make the changes necessary for a healthy lifestyle.**

***C. W.:* Stress = A normal, adaptive reaction to threat**

***Moment of Zen:* Stress appears to depress immune function**