

49. Stress in control

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What is stress?



The reasons for stress are many and various but the bodily reactions to stress are pretty similar between different people



What is stress?



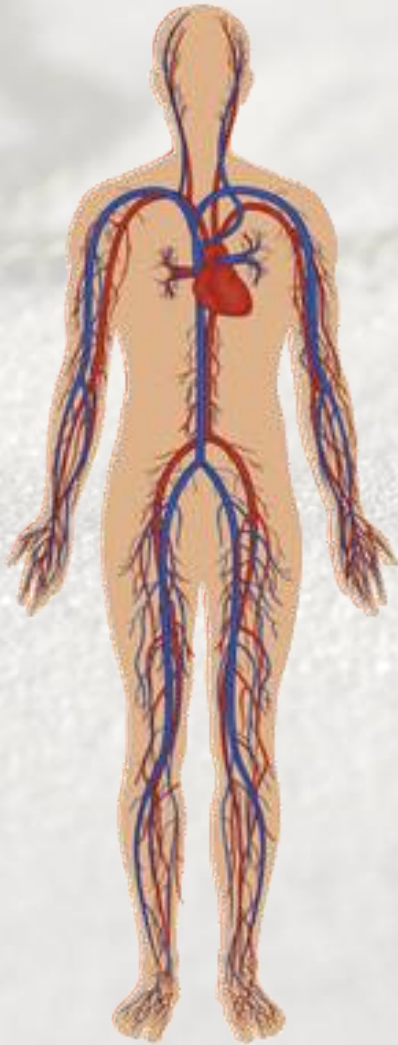
1. Brains react to a sudden challenging or threatening situation with a **stress reaction**



Increase physiological and psychological capability to deal with the situation



What is stress?



1. Brains react to a sudden challenging or threatening situation with a **stress reaction**

2. Body secretes **stress hormones**, such as adrenaline and cortisol, into blood circulation

Faster heartbeat

Heavy breathing

Palms sweat

Muscles tense

Bloodsugar increases

Stress – Friend or foe?

We can withstand short term acute stress pretty well

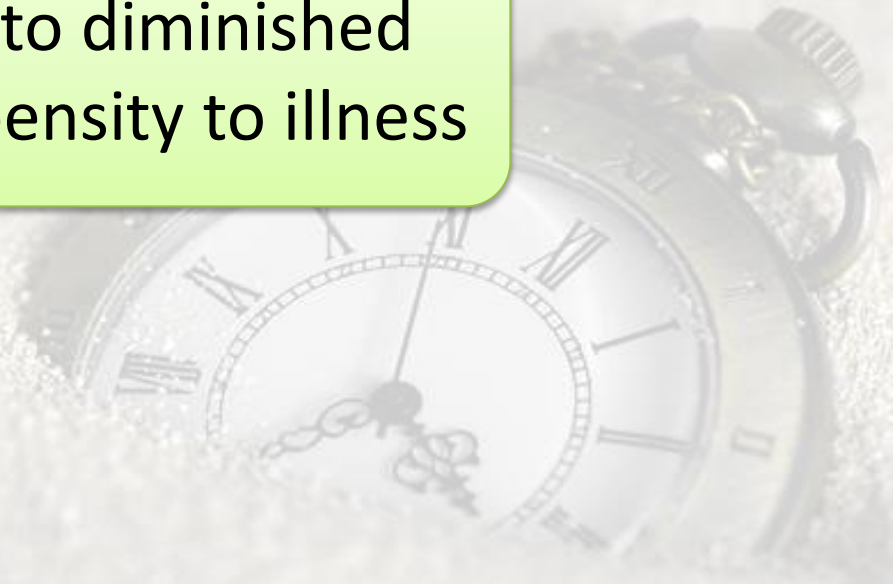


It helps us reach better performance find new resources within ourselves



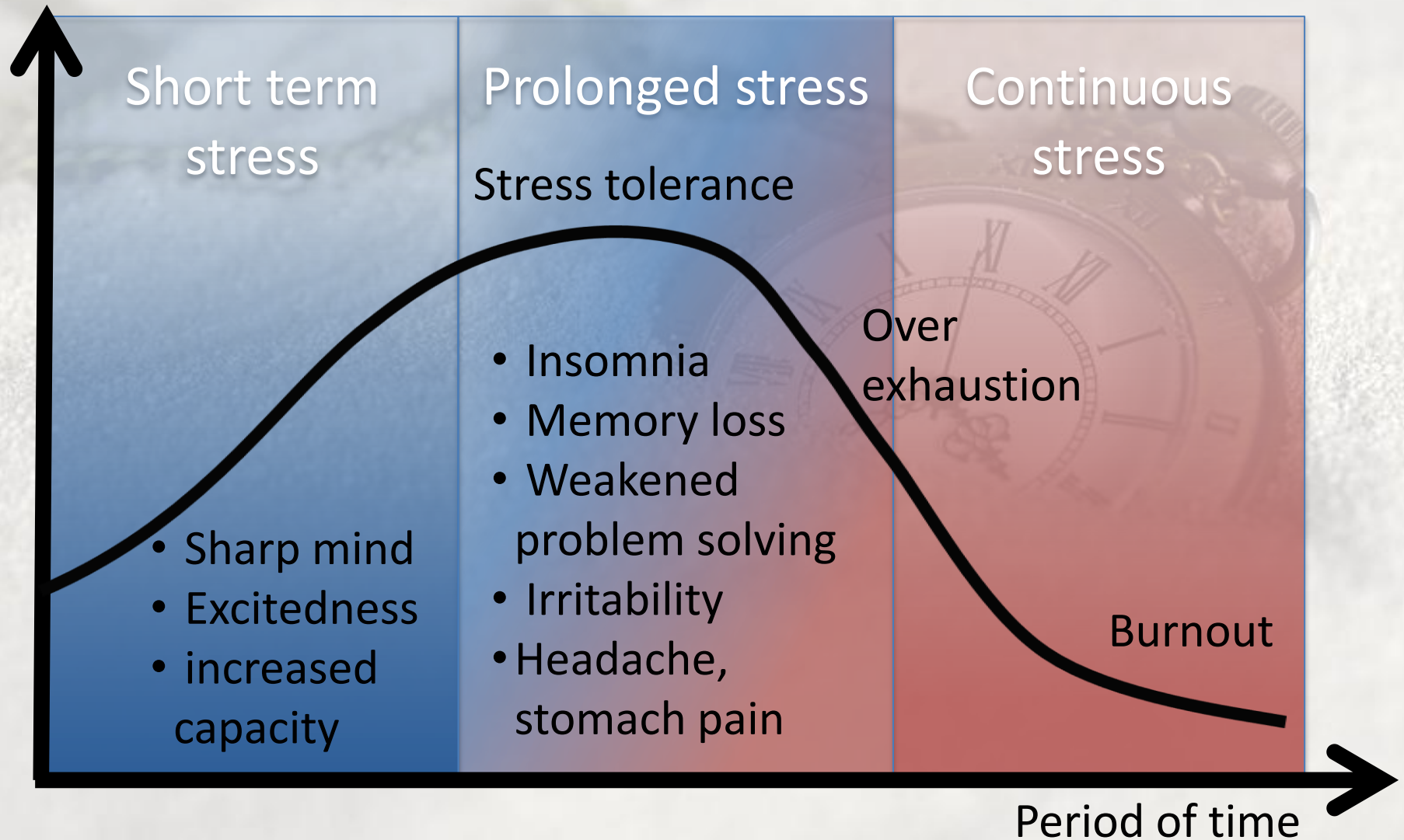
Stress – Friend or foe?

Chronic long term stress can turn into distress, which can lead into diminished health and increased propensity to illness



Stress – Friend or foe?

Working ability



Homework

- What do the following mean?
 - Acute stress
 - Good stress
 - Emotional stress
 - Burnout
- Write down short description on each

