

E-Portfolio

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Journal article summary

The journal article I have chosen is 'The bear necessities of stress.' This article describes stress responses and explains what 'fight, flight and freeze' is and why it happens. The article also looks at longer term consequences of stress on a person's mental and physical health and everyday functioning. The first section focuses on explaining the hormones as to why 'fight or flight' happens. The author explains it as two pathways, the first being the sympathetic adrenal medullary system, which when resulting in the secretion of adrenaline noradrenaline, it creates a quick response to the nervous system. The second pathway is a lot slower than the first, and this is called the hypothalamic pituitary adrenal pathway. Which sends signals to your nervous system 20-30 minutes after a stressful event. A multi-tasking framework was created to test peoples stress levels by completing several different tasks at a computer, varying in difficulty. (Wetherell & Sidgreaves, 2005). The results found that there was an increase in heart rate and blood pressure to allow resources to be pumped around the body.

Moving onto the next section of the article called 'weather to fly.' This part of the article describes how people put themselves in stressful situation for fun, for example, skydiving. They found that chronically stressed individuals have an increased level of cortisol across the day. Cortisol is helps you maintain that flight or fight response by increasing blood sugar levels, releasing fat stores providing resource and energy to deal with that initial threat. It is the perfect system for allowing us to deal with acute, one-off stresses.

Lastly, the concluding section of the article describes that the experiment helped understand the mechanisms involved in stress and that we also must make day to day adjustments related to what we are experiencing to have enough energy to deal with stressful events.

The bear necessities of stress – The British psychological Society. (14 September 2022)

<https://www.bps.org.uk/psychologist/bear-necessities-stress>

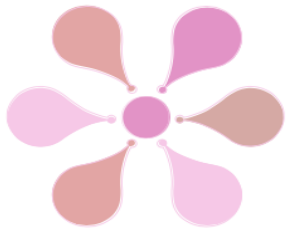
Infographic

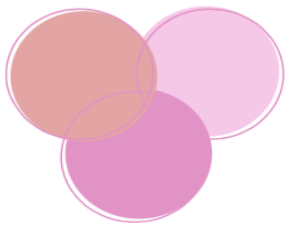
5 tips for time management in University

1

understand how you waste time

- procrastinating
- Disorganisation
- screen time
- worrying
- multi-tasking





2

Prioritising your time

Prioritise actions. by prioritising things, you can achieve your end goal time efficiently.

A way to help prioritise is by labelling your tasks as most important to least (Williams and Reid, 2011)

3

organising your time

- how long does each task take
- schedule time for unexpected events
- understand some tasks may be more difficult than others
- allow time for a break



4

instead of time wasting

- organise lecture notes
- use keywords
- essay plans
- focus on one task at a time
- do not allow interruptions

5

how to prioritise your time

traffic light system

- red - most important
- amber - moderately important
- green - low importance



Essay plan

Describe and discuss the psychological, social, and physical benefits of owning a pet.

Introduction

- Definition of psychological, social, and physical benefits – psychological benefits include an enhanced mood, reduced anxiety and stress and improved self-esteem. Social benefits would include being able to speak to people easier. Physical benefits include pets as guide animals, therapy animals
- How many people in the UK have pets – 57% of UK households have pets which is around 16.2 million households

Paragraph one

- What common psychological issues people have that a pet could help with – stress, anxiety, and depression
- What the psychological benefits of having a pet include – ease anxiety, boost self-confidence, offer unconditional love, no judgment
- Cases of when a pet has given psychological benefits – therapy dogs in schools and universities: from personal experience in comprehensive school, university, and my student accommodation. Therapy dogs being brought into hospitals to help relieve stress from patients

Paragraph two

- What common social dilemmas people have – awkwardness when talking to people, struggling to make new friends, not recognising, and understanding social skills, autism and ADHD
- What the social benefit of having pets include – reduced stress from a pet can let a person start or join a conversation easier. Recent studies look at the benefit that having pets can help children with ADHD and autism

Paragraph three

- What common physical issues people have that a pet can help with – increase opportunities to exercise, decrease blood pressure, cholesterol levels, help manage loneliness, people with physical needs such as blindness, diabetes, and gluten intolerances
- What type of pets help with what – dogs: with blindness, getting out of the house and walking/exercising, diabetes, and intolerances

Conclusion

- Explain that having pet's benefits a person's social, psychological, and physical health majorly. - pets help with mindfulness, stress, anxiety, and physical health

References

The bear necessities of stress – The British psychological Society. (2022, 14 September)

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Friends with benefits: on the positive consequences of pet ownership (2011) American Psychological Association, Christina M. Brown

Psychological Mechanisms Predicting Wellbeing in Pet Owners: Rogers' Core Conditions versus Bowlby's Attachment (2019, 20 may), Susan J. Thomas

Library searches

Home ► All Journals ► Anthrozoös ► List of Issues ► Volume 32, Issue 3 ► Psychological Mechanisms Predicting Well ...

1,146 Views
6 CrossRef citations to date
4 Altmetric

Reviews and Research Reports

Psychological Mechanisms Predicting Wellbeing in Pet Owners: Rogers' Core Conditions versus Bowlby's Attachment

Jillian Terese Teo & Susan J. Thomas
Pages 399-417 | Published online: 20 May 2019

[Cite this article](#)
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ABSTRACT

While pet ownership may confer physical and psychological health benefits, existing research presents inconsistent findings, and the psychological mechanisms through which health benefits might be conferred are unknown. Exploring human–pet relationships from the perspectives of Bowlby's attachment theory, namely “attachment-related anxiety” and “attachment-related avoidance,” and Rogers' core conditions including “unconditional positive regard” and “empathy” may highlight the psychological mechanisms involved. This study compared quality of life (QOL) and psychopathology in pet owners with those without pets. In the pet owners, we additionally assessed pet attachment, and perceived empathy, unconditionality, and congruence in the human–pet relationships. We then compared the relative value of Bowlby's attachment versus Rogers' core conditions in human–pet relationships as predictors of wellbeing in pet owners. Overall, pet owners and non-pet owners did not significantly differ in terms of QOL or psychopathology. However, in pet owners, secure pet attachments were associated with lower psychological distress and psychopathology, and

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