

E-portfolio assessment

300-word summary of the “bare necessities of stress.” (Discussing the body's response to stress).

In the paper “The bare necessities of stress” it talks about the effects of stress on the body. The paper talks about the way the body produces stress by secreting adrenaline and noradrenaline through the nervous system. After this process, they explained how cortisol levels are increased after the duration of 20-30 minutes. Cortisol being produced leads to an increased amount of sweat, a raised heart rate and blood pressure. The writer goes on to explain that cortisol is the cause of the commonly known “fight or flight” response. This means that we either face issues head on or hide from them, and this differs for everyone. This method is used in short term stressors.

They carried out research including jumping out of an airplane to see if cortisol levels had a drastic change before and after the jump, which they did not find a significant difference (Hare et al, 2013), as well as studying cortisol levels throughout the day, which then they found that there is a large spike when a person wakes up in the morning in comparison to before they sleep at night. (Elder et al, 2016). This allowed them to conclude that stress mechanisms change based on the daily stressor.

In long-term stress, they found that physical health was compromised by the amount of cortisol released in those chronically stressed, such as their immune system, digestive system and the reproductive system. Long term effects of having constantly raised cortisol levels are autoimmune diseases, higher risk of terminal illnesses such as cancer and even cardiovascular disorders. They suggested social support for individuals stressed for them to be physically healthier and mentally. This was shown to have positive benefits in James Pennebakers work, as receiving care was a destressor for many individuals, such as talking or writing out their stresses in a journal.

In conclusion it is found that stress has many effects on an individual's mental health as they can experience mood disorders, as well as physical health has it can have short term effects, which also have short term solutions like chewing gum and long-term effects, which are often medicated or treated by doctors.

Citations:

Elder, G.J., Barclay, N.L., Wetherell, M.A. & Ellis, J.G. (2018). Anticipated next-day demand affects the magnitude of the cortisol awakening response, but not subjective or objective sleep. *Journal of Sleep Research*, 27, 47-55

Hare, O., Wetherell, M.A. & Smith, M.A. (2013). State anxiety and cortisol reactivity to skydiving in novice versus experienced skydivers. *Physiology and Behavior*, 118, 40-44.

Infographic.

TIME MANAGEMENT.

Creating a Schedule:

- Section your hours into intervals.
- make time for breaks.
- helps you to focus and to be able to refresh your mind.

Remove disturbance:

- Recognise what is disturbing you e.g. phone or television.
- Try to minimize these by moving to another location or removing them from your vicinity.
- Consider using features on the device to avoid distractions e.g. "Do not disturb" on iPhone.

Technology is your friend:

- Apps such as calendar can be useful to be reminded of deadlines.
- Alarms can be set so you can work time out adequately.
- Limit screen time.

Set goals:

- SMART criteria for high work standards; Specific, measurable, Achievable, Relevant and Time-bound.
- Helps you to prioritise important subjects.
- Short term vs Long term achievements.

A chronological to do list:

- This allows you to put things in order of this such as deadline so that no work has been missed and you can break them down by immediacy

Task break down:

- Divide large tasks into small components.
- Helps motivation by seeing progress.
- Create manageable side tasks.

Personal time:

- Make sure to have time to yourself to be refreshed and to avoid mental burnout.



Assessment Planner: Essay

*Psychology and
Counselling*
UWTSD

Essay Title

What the essay will be about in a brief synopsis.

Deadline

The date that it is due in.

Basic Plan

Introduction

Introducing the subject and what will be included in my essay.

Main body

This will be about the content I have been researching and going into great detail of the topic.

Conclusion

This will be about what I have found out about the topic i have researching and what I think of the topic.

Research Needed

Relative information to the topic.
Journals.
Articles.
Newspapers.
Research reports.

Key References

Articles I have taken information from.
Name of psychologists.
Names of authors.
Titles of books.

Created by Stacey Coleman Discipline of Psychology and Counselling

