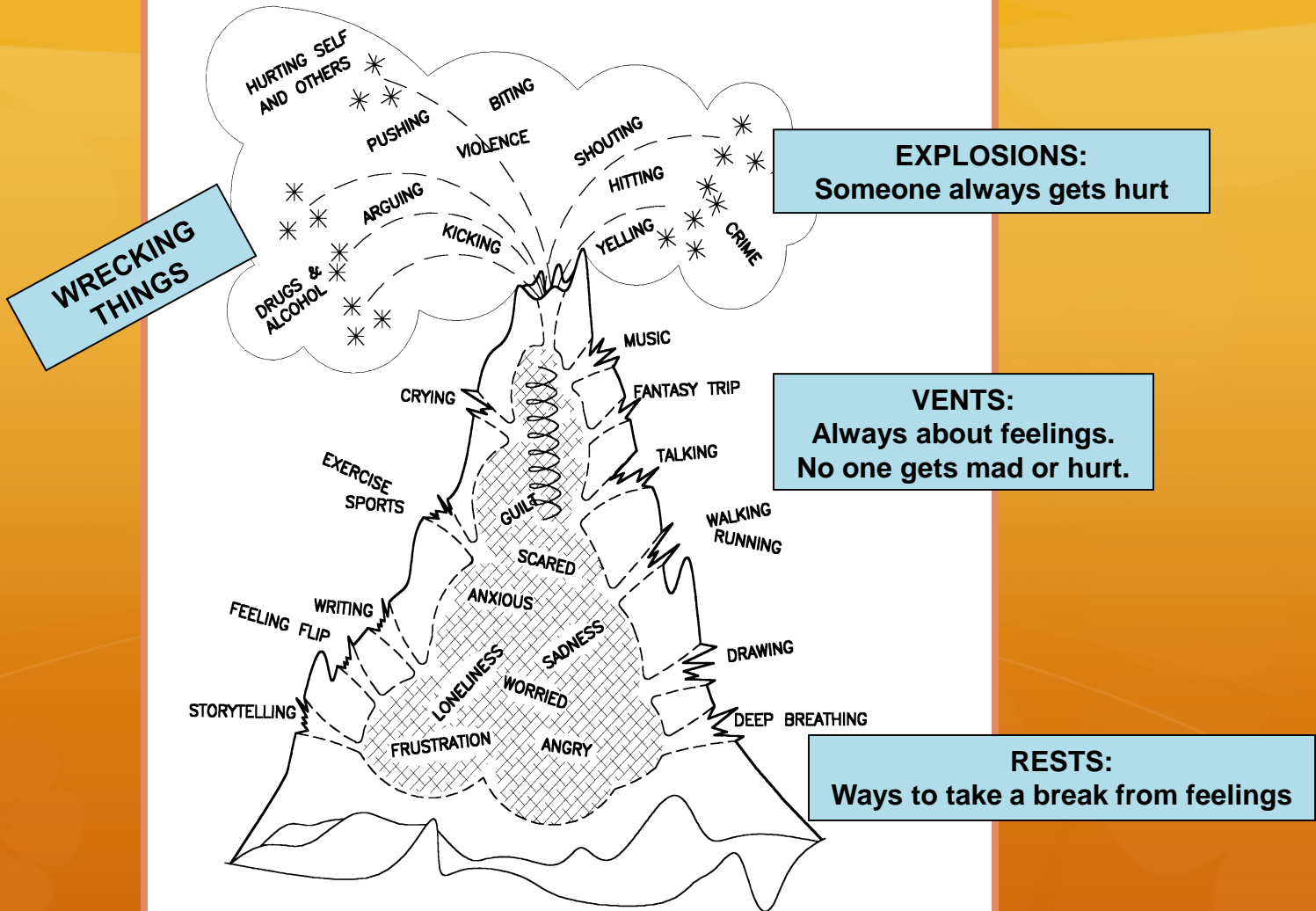


THE VOLCANO MODEL OF BEHAVIOR MANAGEMENT
AND FEELING RELEASE



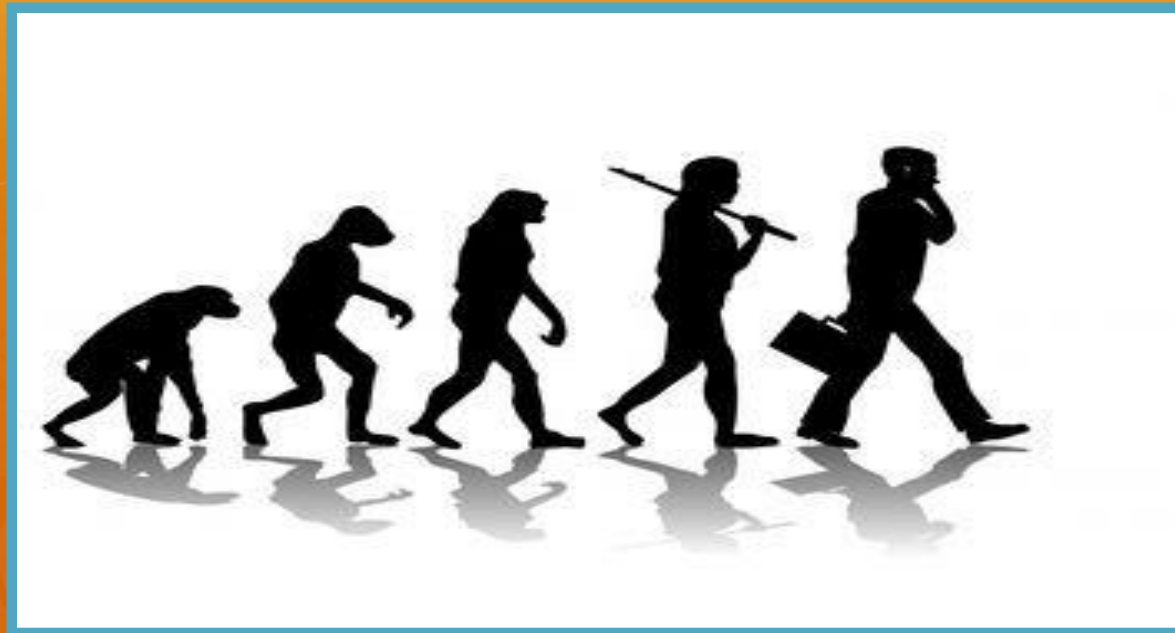
Changes and losses that can cause these feelings: new babies
brothers or sisters leaving home, death, divorce, separation,
moving, illness, growing up, parent's job loss

Responses to Stressful Situations and Positive Coping



Stress

- ❁ “The Stress system is a complex, sophisticated, and carefully regulated adaptation that has been shaped by natural selection because it gives a selective advantage.”



Components The Stress Response

- ✿ Autonomic Nervous System: Action within the central nervous system that is “reflexive.”
 1. Sympathetic Nervous System
 2. Parasympathetic Nervous System

Fight or Flight = ALARM Stage



- ❁ The Sympathetic Nervous System takes an active role in triggering the stress response.
- ❁ The Sympathetic Nervous System effects include increased:
 - ❁ *arousal*
 - ❁ *blood pressure*
 - ❁ *heart rate*
 - ❁ *respiratory rate*
 - ❁ *physical activity*

Resistance Stage

- ✿ Acts as an equalizer
- ✿ Brings body functions back to stability

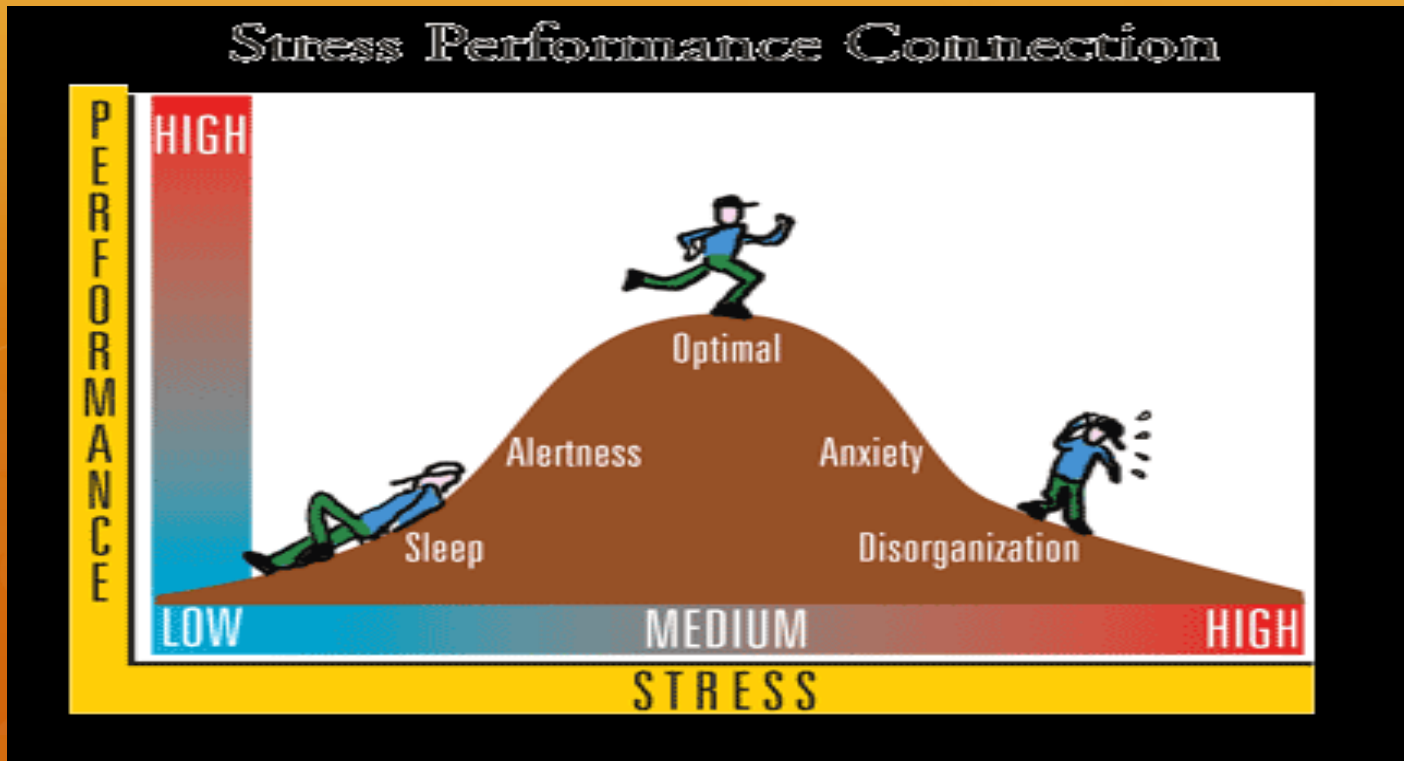


Exhaustion Stage

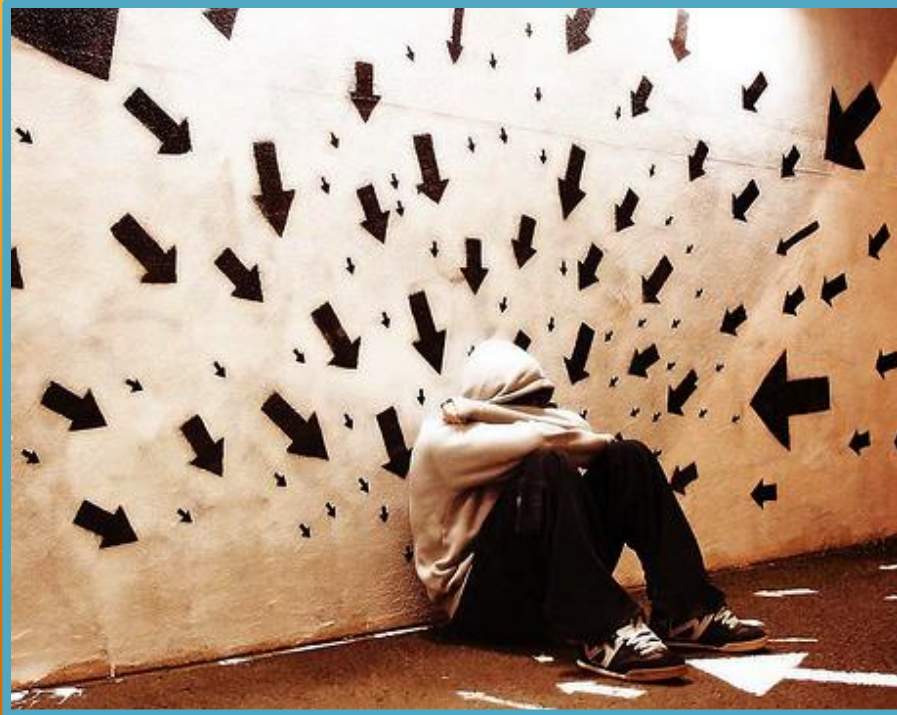
- ✿ Energy is depleted
- ✿ Body returns to normal if stress is removed
- ✿ Body returns to alarm stage if stress continues which can result in stress-related diseases:
 - ✿ Skin disorders
 - ✿ Gastrointestinal upset
 - ✿ Menstrual irregularities
 - ✿ Cardiovascular disorders

Healthy Amounts of Stress

- ❁ Stress acts as a motivator, but too much stress can lead to mental illness such as anxiety or depression.



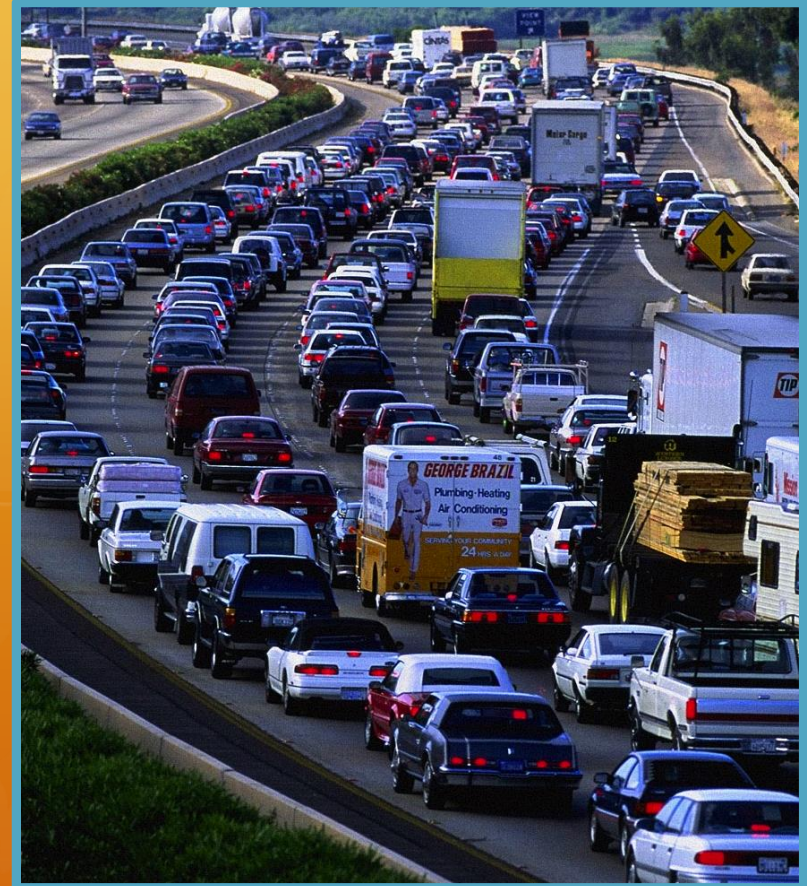
Stress-Related Diseases & Conditions



- ❁ Gastrointestinal disorders
- ❁ Skin Disorders
- ❁ Cancer
- ❁ Cardiovascular disorders
- ❁ Depression
- ❁ Anxiety

Stressors in the Modern World?

- ❁ Unemployment
- ❁ Financial difficulties
- ❁ Traffic
- ❁ Social frustrations
- ❁ Deadlines: homework, career, taxes, bills



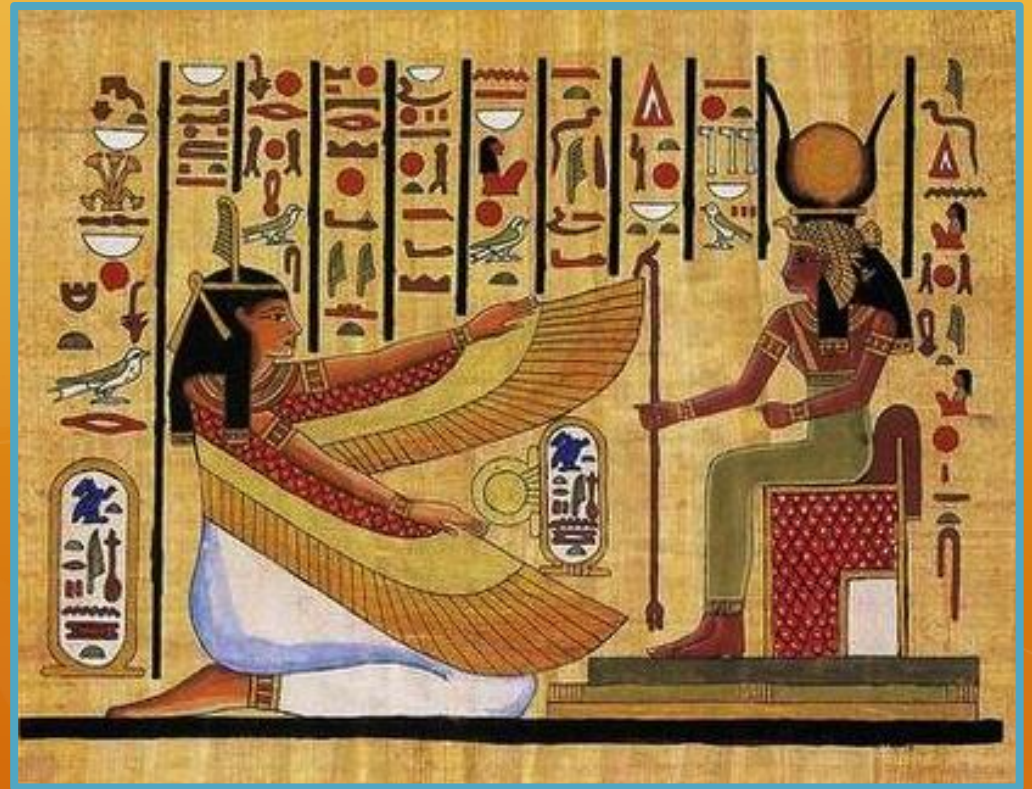
Stressors before Modern Civilization

- ❁ Need for food
- ❁ Need for water
- ❁ Need for shelter
- ❁ Successfully hunting and gathering
- ❁ Surviving constant threats in life



Stress Management in Ancient Civilizations

- ❁ Worship
(spirituality/religion)
- ❁ Hieroglyphics
- ❁ Constellations
- ❁ FINDING MEANING
IN LIFE



Stress Management Today



- ✿ Eat
- ✿ Exercise
- ✿ Hurt self
- ✿ Prayer and meditation
- ✿ Rx medications
- ✿ Smoking/ drinking/ drugs
- ✿ Talking to friends and family
- ✿ Television, reading, or listening to music