

600 million

Multi-cellular
First organisms
with simple
nervous systems

500 million



2 million



19th century

Modern times

"Stress" gains worldwide recognition thanks to the pioneering endocrinologist Hans Selye's - GAS model. We know the impact on our health and wellbeing.

21st century

Today

Advances in neuroscience, epigenetics and gut-brain connections deepen our understanding of stress.

brief history of Stress

Brain Stem



Avoid harm

Flight-Flight-Freeze

Primitive stress response to survive environmental threats. Pass on genes.

Limbic System



Approach reward

Feel-Bond-Memory

Basic emotional processing and social behaviours.

Cortex



Connect with others

Think-Plan-Connect

Early forms of problem solving and building of social connections.



Prehistoric



Ancient



Industrialisation

Shift to industrial economies leads to harsh working conditions and pollutants.



Urbanisation

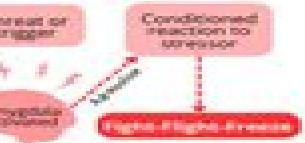
Population growth and migration to cities led to crowded living.

Technology

Adapting to technology, machinery, automation & transport brings stress.

General Adaptation Syndrome (GAS Model)

Alarm



Stressor or trigger
Amygdala response
Flight-flight-freeze response

Resistance

Resistance



Sustained stress
Amygdala activated
Body systems functioning

Exhaustion



Demands overwhelming
Amygdala activated
Body systems failing

4 Types of Stress

Acute
Episodic
Chronic
Existential

Brief, intense pressure.
Repetitive acute stress.
Persistent, enduring stress.
Positive, motivating stress.

allostatic Load

Stressors
+/-
Responses
+/-
Adaptation
+/-
allostatic Load

Cumulative
wear and tear
due to chronic
exposure to
stressors.

2 key models

Psychosocial
Stress
Theory

Transactional
Model of
Stress and
Coping



Stress A Brief History

Richard Webster

Stress A Brief History:

Stress Cary L. Cooper, Philip J. Dewe, 2008-04-15 Stress A Brief History is a lively accessible and detailed examination of the origins of the field of stress research First concise accessible academically grounded book on the origins of the concept of stress Explores different theories and models of stress such as the psychosomatic approach homeostasis and general adaptation syndrome Discusses the work and intriguing contributions of key researchers in the field such as Walter Cannon Hans Selye Harold Wolff and Richard Lazarus Explains the origins of key concepts in stress such as stressful life events the coronary prone personality and appraisals and coping Culminates in a discussion of what makes a good theory and what obligations stress researchers have to those whose working lives they study

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