

# Psyc 430 db2

Psychology



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Stress Disorders Stress Disorders People cannot avoid stress in their lives. There are different internal and external stressors which trigger human reactions. In my daily life, every trip in the public transport during rush hours is a great stress. The same can be said about standing in lines, talking with people I do not like or doing something which is not interesting. These stressors are unavoidable and each person adapts to their constant presence developing appropriate defensive reactions. For instance, people can prevent stress if they sleep enough and balance physical and mental activities during the day. In order to cope with stress in my daily life, I try follow daily regime which includes this balance. Healthy eating also helps people to cope with daily stressors. Different products contain minerals, vitamins and natural antioxidants which support appropriate work of human organism.

According to van der Kolk et al. (2005), inability to cope with extreme stress or overwhelming amount of stressors which appear simultaneously leads to the development of various stress disorders including post-traumatic stress disorder (PTSD). Stress disorder require specific treatment which depends on the causes of each particular case. The study by van der Kolk et al. (2005) points out that treatment for stress disorders is complex. It includes pharmacological, psychotherapeutic and cognitive interventions. I think that there is not general algorithm to apply to all cases of stress disorders. Some people can cope with their mood without drugs and they do well with psychotherapy. In more complicated cases, people need to take drugs in order to cope with mood swings.

#### Reference

van der Kolk, B. A., Roth, S., Pelcovitz, D., Sunday, S., & Spinazzola, J. (2005).

Disorders of extreme stress: The empirical foundation of a complex adaptation to trauma. *Journal of traumatic stress*, 18(5), 389-399.