MENTAL HEALTH
Stress and Anxiety and Symptoms

I. Stress

1. Definitions
   A. Nonstress
   B. Semistress
   C. Full Stress
      a. Stress into Problems

2. Manifestations of Stress: Anxiety
   A. Fear-Anxiety Differentiation
   B. Normal and Neurotic Anxiety

3. Ways of Causing Stress
   A. Overwhelm the Individual
      a. Post Traumatic Stress Disorder (PTSD); Brain Changes
   B. Frustrate the Individual
      a. Aggression
      b. Regression
   C. Conflict the Individual
      a. Approach-Approach
      b. Avoidance-Avoidance
      c. Approach-Avoidance

4. Other Effects of Stress--Physiological

II. Symptoms

1. Responses that only reduce Anxiety

2. Symptoms--
   A. Primary Gain
   B. Secondary Gain

3. Ego Defense Mechanisms (Vaillant)
   A. Mature
   B. Less Mature
   C. Immature