

**MENTAL HEALTH**  
**Stress and Anxiety and Symptoms**

<b>Genetics</b> <b>Early Experiences</b> <b>Life Space</b> <b>Learning</b> <b>Expectancies</b>
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- 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