Discussion

Student’s Name

Institutional Affiliation

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**Theories of Stress and Stress Management**

When delving into stress and stress management, it is always important to discuss some of the key emotions that people experience when they are stressed. These emotions bring about anguish that may reduce the welfare and well-being of an individual. Discussing or analyzing these emotions is important since they may help shed light on some of the mechanisms or coping strategies that could be developed to address the said issues. Past research which has been conducted on stress and stress management has identified two primary emotions that are evident among people suffering from stress. They include fear and anger. These emotions are some of the most evident emotional psychological signs that can be observed among stressed individuals.

The emotion that I selected from the two that will be the center of this paper or assignment is fear. Fear is an emotional response that is exemplified by individuals who may feel that they are under threat or danger. Many of the stressors that people face in their life tend to create a given level of uncertainty or offer a threat to their welfare (Singh, & Vitell, 2018). An example is where an employee is threated to be fired from their place of work. Such an employee may develop fear and this could lead to stress. When a threat induces fear in an individual, physiological and psychological changes may happen that may lead to behavioral changes which may affect the health and welfare of an individual. Fear is a physical response although it may lead to psychological impacts if proper coping strategies are not developed or if the threat is not eradicated.

As earlier stated, fear exists when there is an apparent threat or risk. Assessing the physiological response of a person’s body to the emotion is thereby an important step towards understanding the emotion. The human body develops an elaborate set of responses when the brain senses fear. Fear starts in the brain where information about the pending danger is processed. Once this happens, the response systems go into overdrive. These response systems may include flight and fight responses. Adrenaline is also released so does the amount of blood flow. Increased blood flow leads to an increased heart rate. Increased blood flow means that there is more oxygen supply to the muscles in case one wants to respond by fighting or running.

There are several behaviors ways is which fear may be expressed. Expression of fear is one of the main things that can be used to determine whether an individual is being faced by a given threat. A behavioral way that may be evident is expression of fear is through increased anxiety. Such an individual may be increasingly restless and this may affect how they think and interact with other people. A restless individual may also have trouble sleeping or have haphazard sleeping patterns which may affect their quality of life. The second behavioral expression could be in the form of intense worrying. Increased worrying can disrupt the ability by such an individual to function and could lead to decrease performances in everything they do.

As seen above, fear may lead to anxiety disorders which is a psychological problem that may require professional help through a number of interventions that are available. Fear as an emotion is related to stress response in several ways. The main way that this emotion may be related to stress response is by stating that there is a directly proportional stress response to the degree of fear that one faces. It means that the greater the fear an individual experiences, the more dramatic the emotional or stress response would be exemplified by the individual (Perron, Roy-charland, & Pelot, 2017). It also means that any image of fear must be accompanied by a certain stress response by a person who faces such a threat or risk.

Several coping strategies are in place to allow people deal with fear. One of the main coping strategies is taking some time out. Doing this has been observed to allow an individual escape from the fear stimuli and this can reduce the level of fear or anxiety that one may be experiencing at that particular moment. The second coping strategy is by talking to people about the fear. Doing this may help share information to other people and help may be sought which may help avert the threat that could be causing such fear or threat. The third coping way is by visualizing a happy place. The strategy helps a person to become calmer and this could allow them to be more productive.

When delving into coping mechanisms, many methods can be applied. Some are healthy whereas others can be said to be unhealthy. The methods that have been described above are all healthy methods and can play a critical role in helping an individual to overcome the physiological and psychological effects of fear. However, unhealthy methods exist that could further aggravate the fear that one may be facing. An unhealthy method is by drinking alcohol or indulging in any other drugs. People who indulge in drugs to avoid fear tend to get affected even more since the drugs only function for a short time and do not provide any tangible solutions for a person. As a result, such a coping method should be avoided at all times.

References

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