

# Human Emotion

**Emotion and Health**  
*Stress and Resilience*



# Roadmap

Course Logistics

Stress

Resilience

Take-Away Qs & Expert Interview

# Course Logistics

## Reading Response

You are done! :)

## Extra Credit Options

1. Experts in Emotion (last week to complete)
2. Twitter responses (due last day class)

# Course Logistics

## Exam 2

Graded, on Canvas

5% Gruber Boost :)

## Exam 3

Study Guide In Class

# Course Logistics

**Last Official Full day of Lecture :(**

**But two more weeks of class after today**

**WEEK 14 (next week)**

**-Exam 3**

**-Discuss E.I. (+ in class EC attendance option)**

**WEEK 15 (final week)**

**Outreach Project - week after**

**Optional extra credit presentations**

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**What is Stress?**

# **What is Stress?**

Degree to which people have to change and readjust their lives in response to a external event

# What Causes Stress?

Both “good” and “bad” things can cause significant stress



# Emotional Effects of Stress



When motivated to perform well, the way your body responds to the stressor can either *IMPROVE* or *INHIBIT* your performance

**Improving Performance: Challenge**

**Inhibiting Performance: Threat**

# Emotional Effects of Stress

	<b>CHALLENGE</b>	<b>THREAT</b>
<b>Physiological Patterns</b>	↑ Heart Rate	↑ Heart Rate
	↑ Cardiac Output (Blood Circulating in Torso)	↓ Cardiac Output
<b>Performance Implications</b>	↑ blood flow to brain	↓ blood flow to brain
	↑ cognitive & physical performance	↓ cognitive & physical performance

# Emotional Effects of Stress

What you expect is what you get ...

... it all comes down to how you appraise the situation:

If you perceive that your ...

Personal  
Resources

>

Situational  
Demands

**Challenge**

Personal  
Resources

<

Situational  
Demands

**Threat**

# Emotional Stress & Physical Immunity

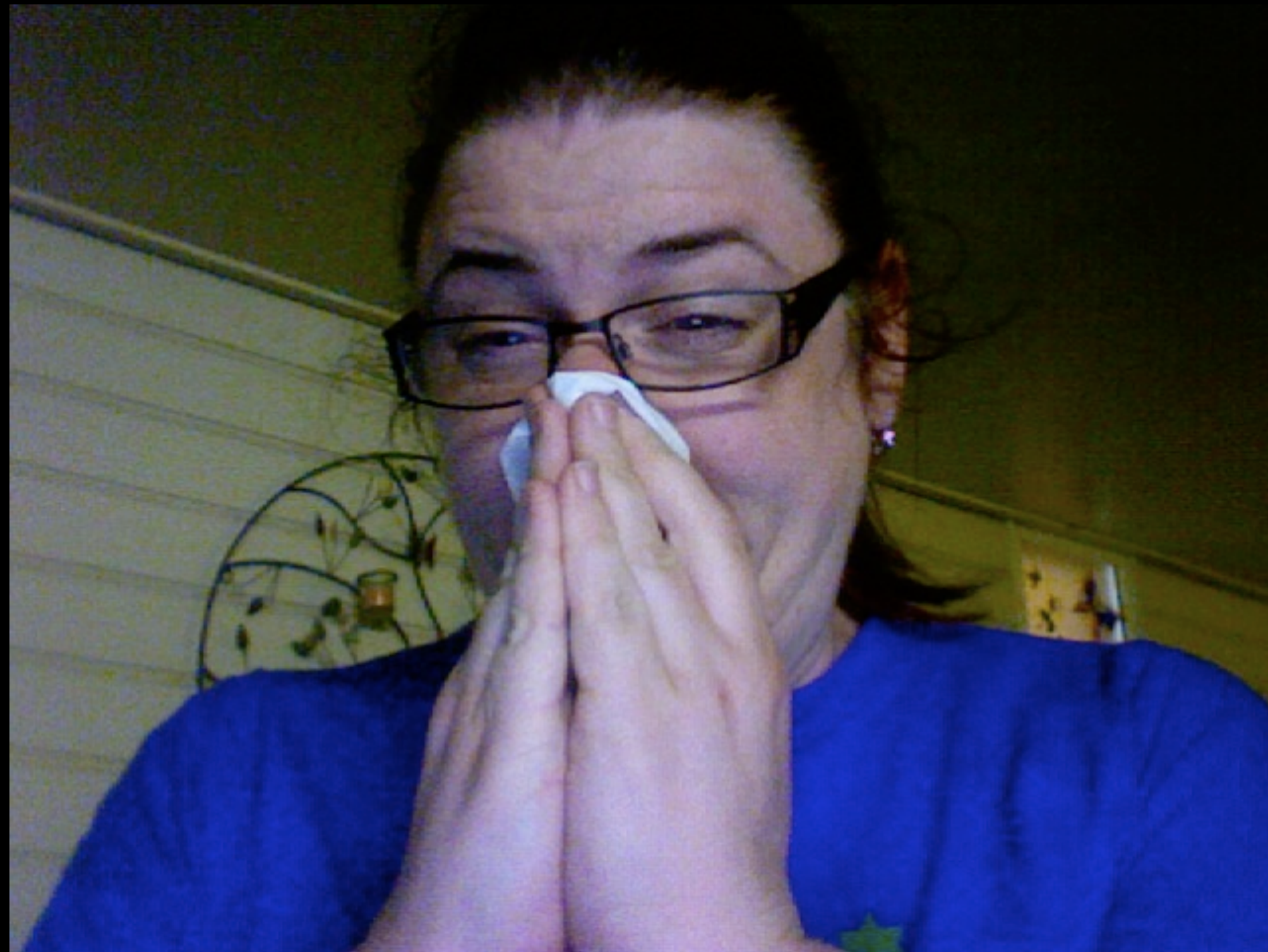


Psychological stress decreases immune functioning, making you more susceptible to disease

# Emotional Stress & Physical Immunity

Cohen, Tyrrell, & Smith (1991)

## “HOTEL STUDY”



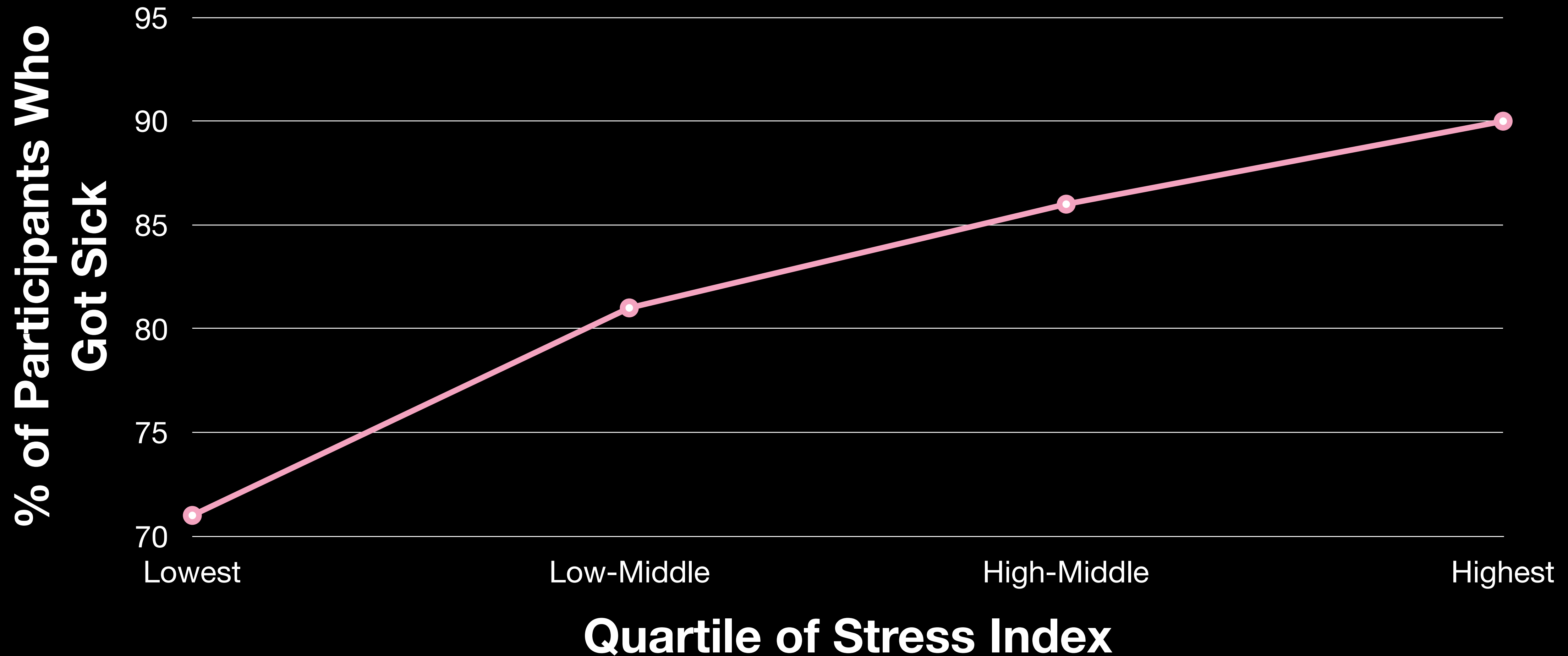
420 healthy adults invited to stay a week in a hotel

Completed measures of life stress

Were exposed to common cold viruses through nasal spray

Monitored for 7 days post-exposure

# Emotional Stress & Physical Immunity



# Emotional Stress & Physical Immunity

**Chronic stress predicts:**

Hypertension

Type II Diabetes

Weakened immune system



ROBERT M. SAPOLSKY

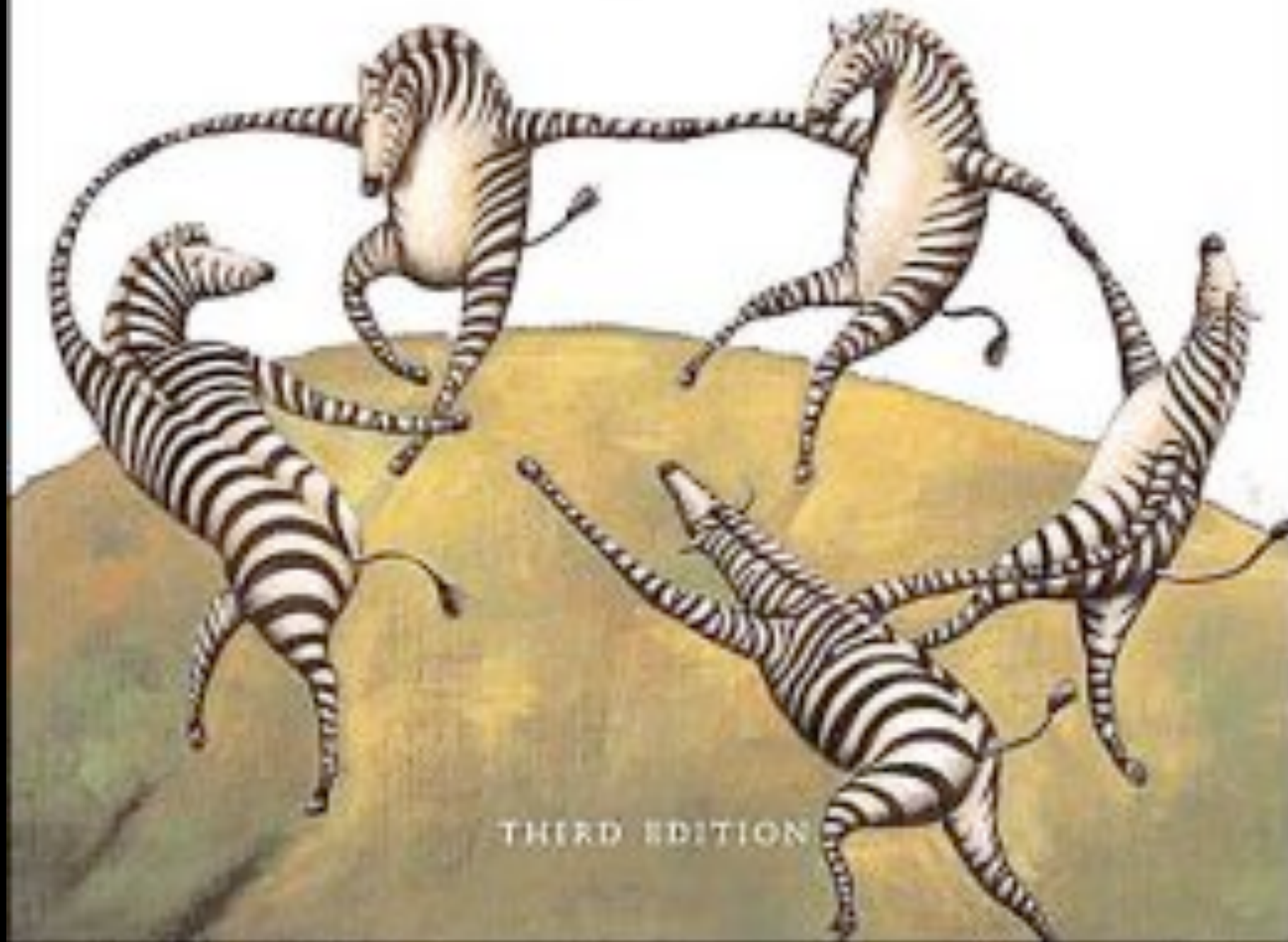
Author of *A Primate's Memoir*

# WHY ZEBRAS DON'T GET ULCERS

The Acclaimed Guide to Stress, Stress-Related  
Diseases, and Coping—Now Revised and Updated

"One of the best science writers of our time."

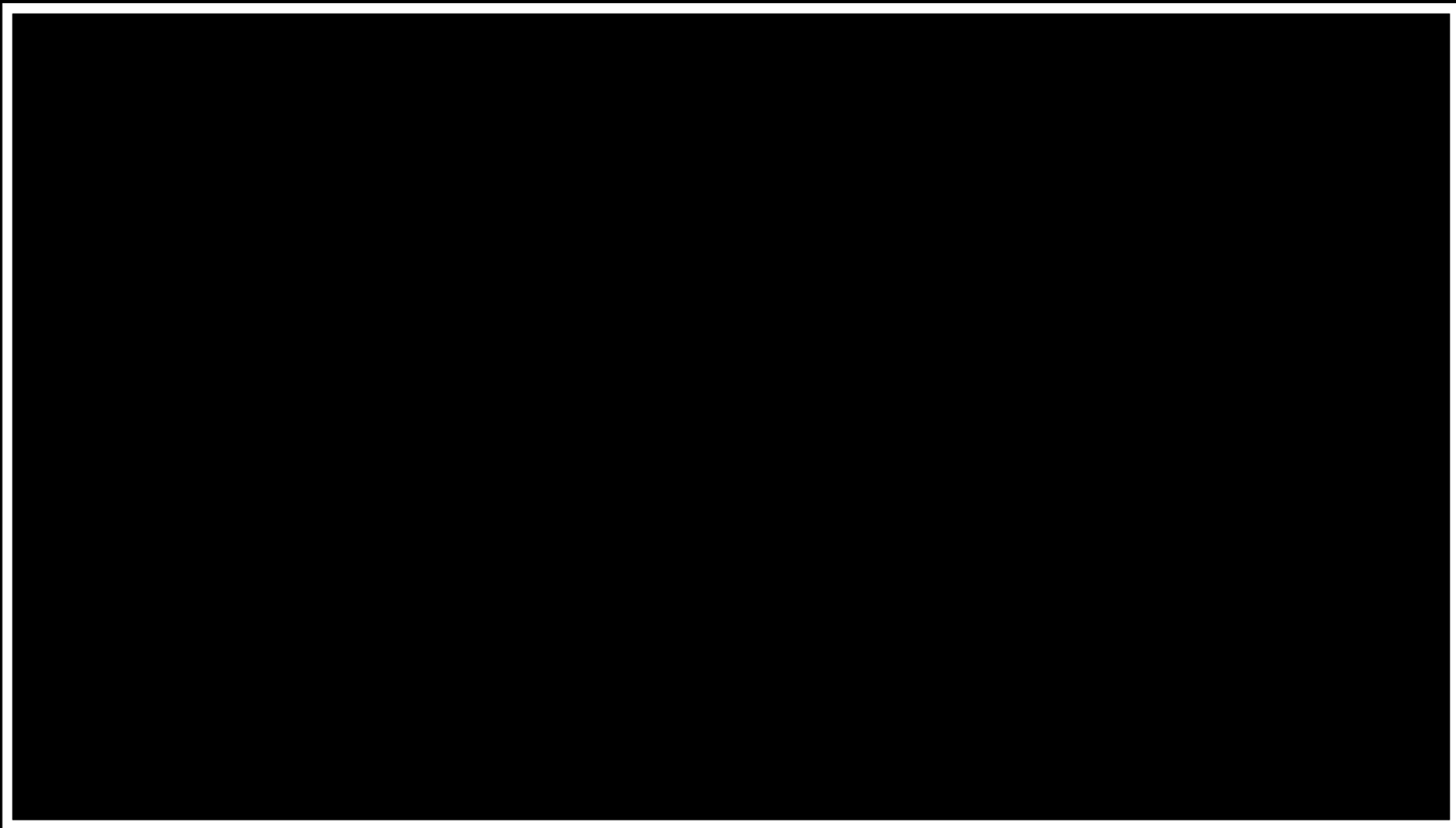
—Oliver Sacks



THIRD EDITION



Robert Sapolsky =  
My Science Hero



**Lighter Side of Stress?**

# Lighter Side of Stress?



**But sometimes ...**

**Stress = Thriving**

**2 Aspects of “Positive” Stress:**

Acute stressors (instead of chronic)

Complete relaxation in between stressors

# Lighter Side of Stress?

Epel, McEwen, & Ickovics (1998)

**Compared to no stress or chronic stress,  
intermittent stressors lead to:**

More effective coping with subsequent stressors

Healthier immune system

Longer cell life

# Lighter Side of Stress?

Epel, McEwen, & Ickovics (1998)

**Compared to no stress or chronic stress,  
intermittent stressors lead to:**

Responding positively to past stressors leads  
to perception of benefiting from stressors

Viewing stressors as a challenge improves  
responses to subsequent stressors

# Weekly Reading

## Dr. Judith Moskowitz

Associate Professor in Residence  
Department of Medicine  
Osher Center for Integrative Medicine  
University of California, San Francisco

**Stress, Positive Emotion,  
and Coping**



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# Weekly Reading

Dr. George Bonanno

Professor of Clinical Psychology  
Teachers College, Columbia University

**Loss, Trauma, and Human  
Resilience**



# Bad Things Happen



# Bad Things Happen



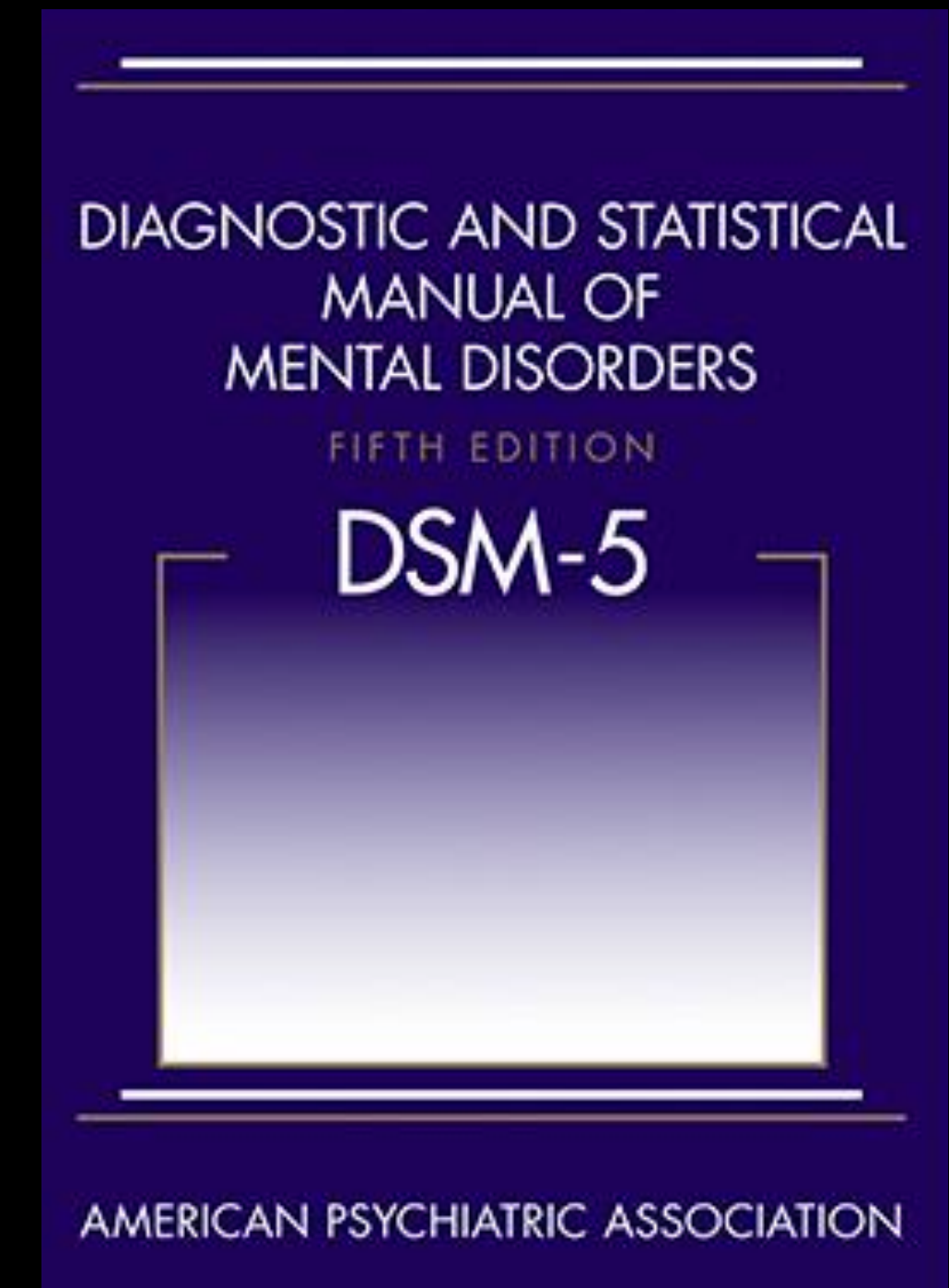
# Bad Things Happen



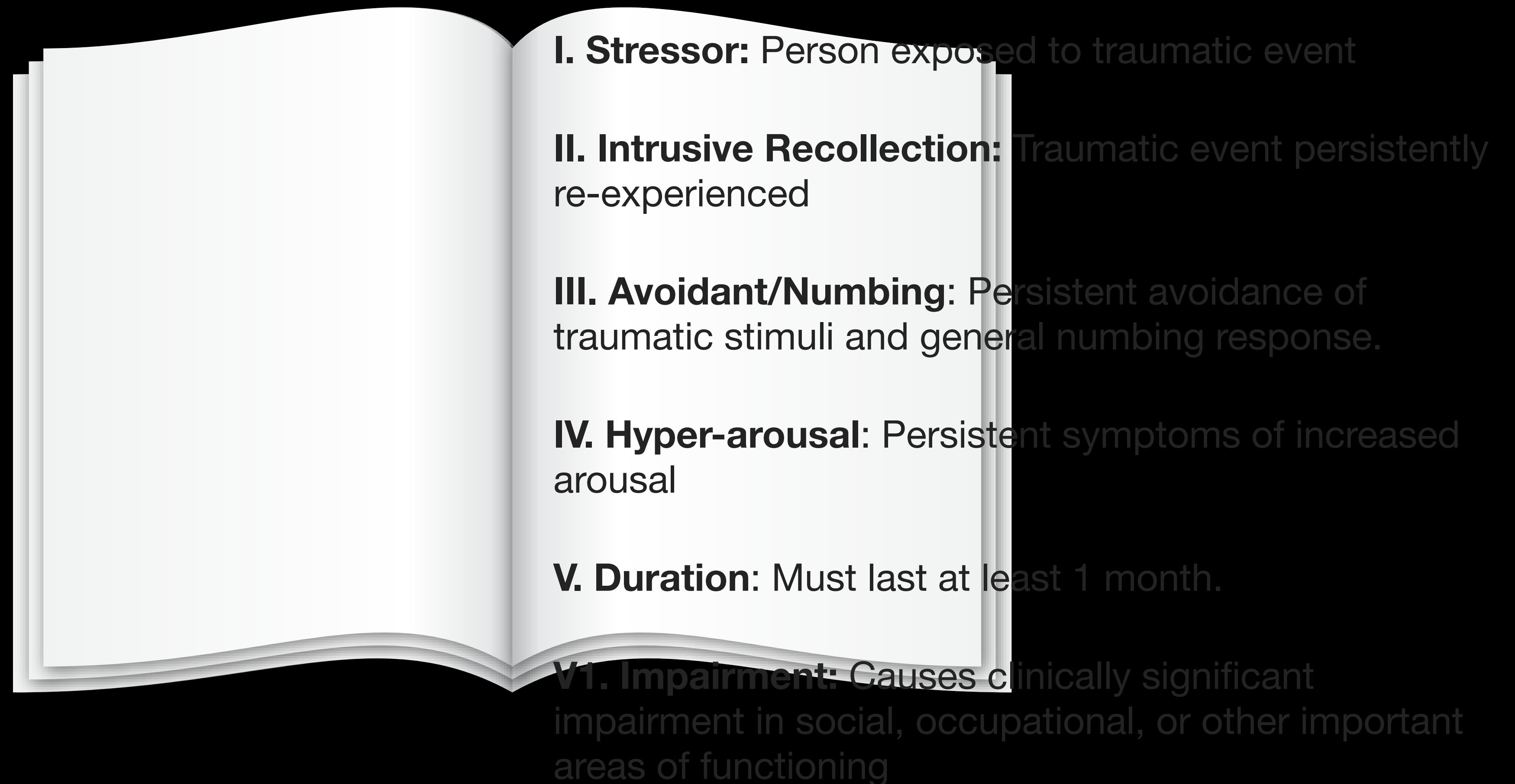
# Trauma and Emotional Health

## Assessing

Often focuses on  
extreme  
responses to  
trauma



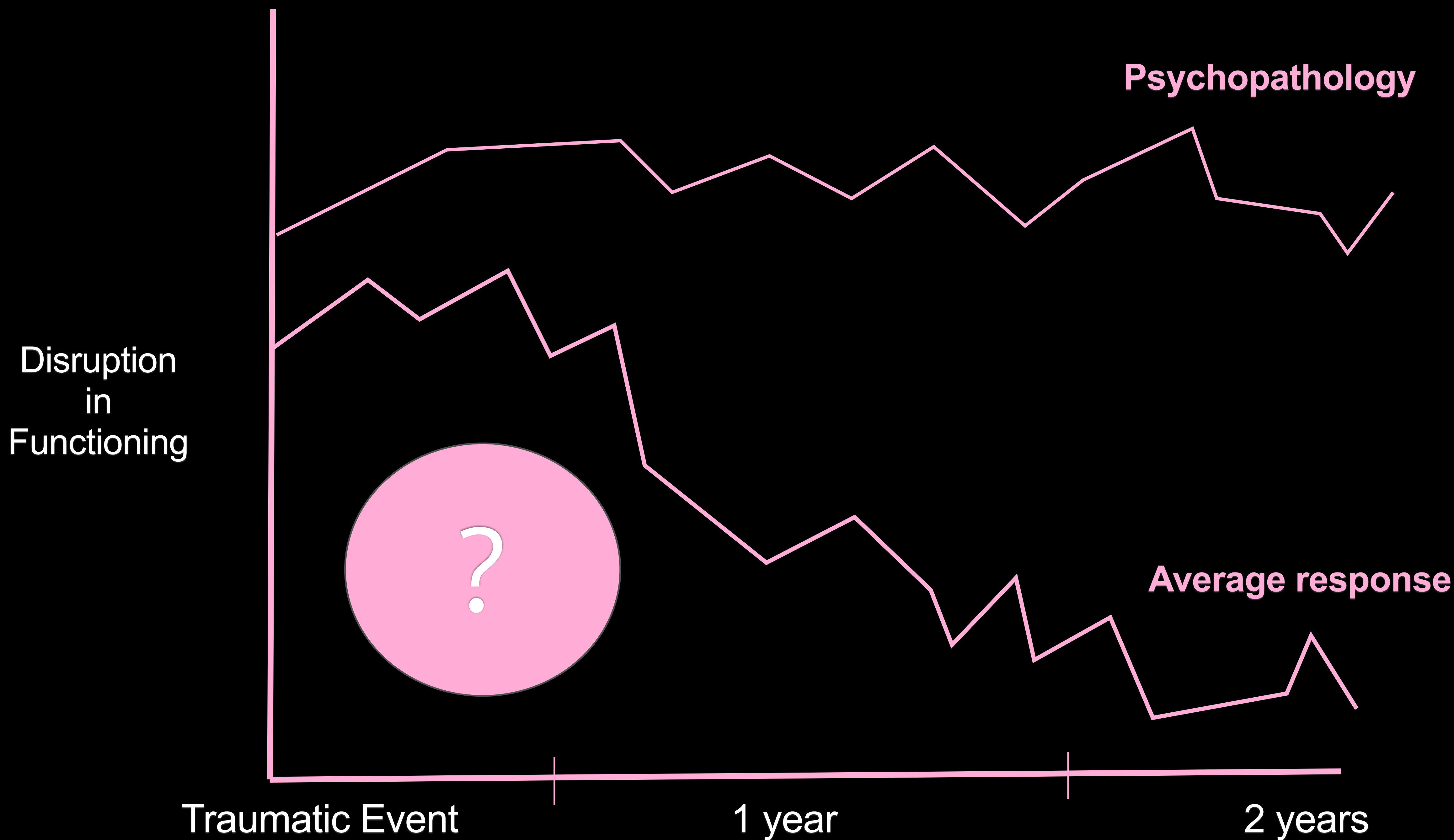
# Post-Traumatic Stress Disorder: DSM Criteria

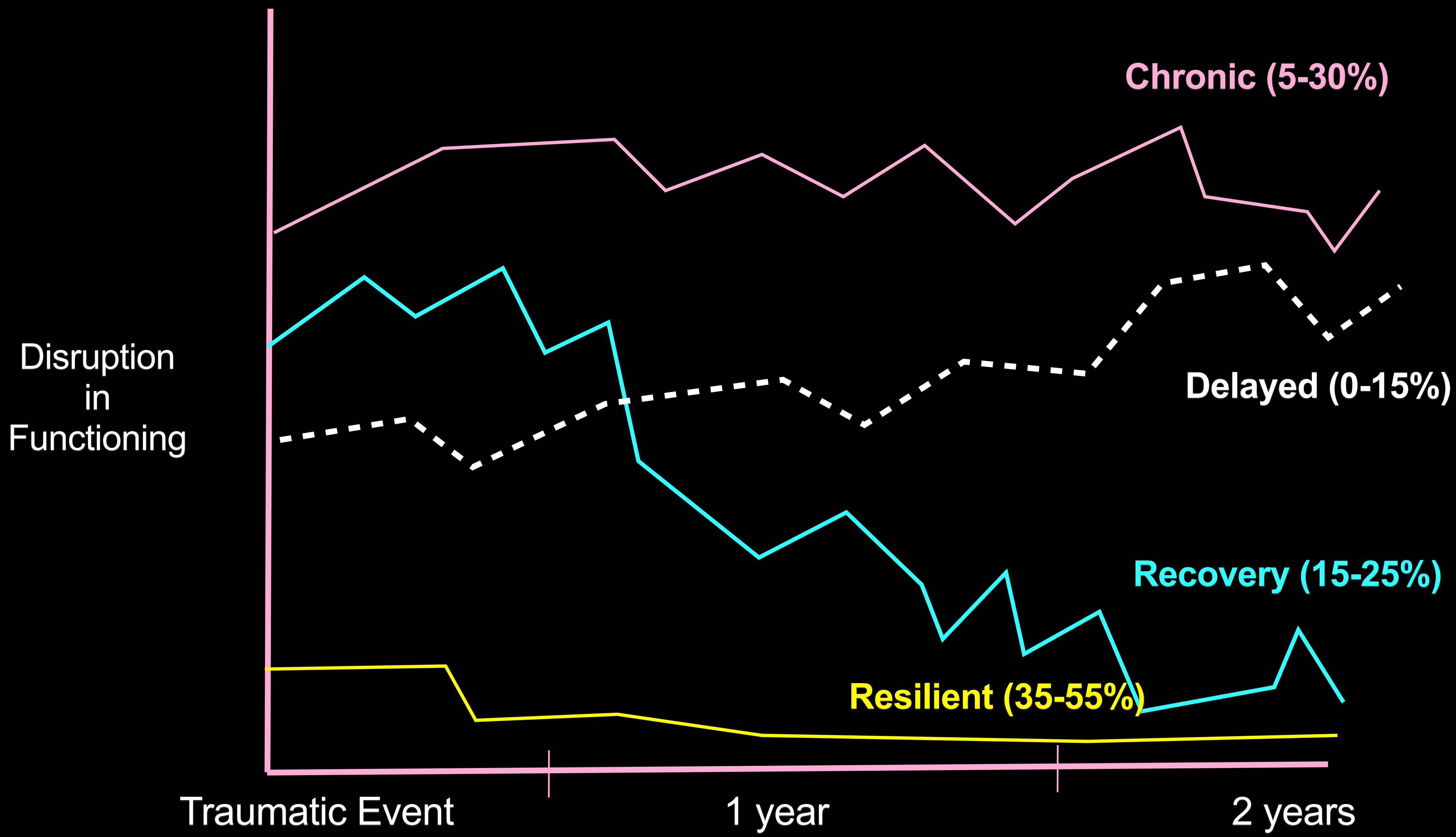


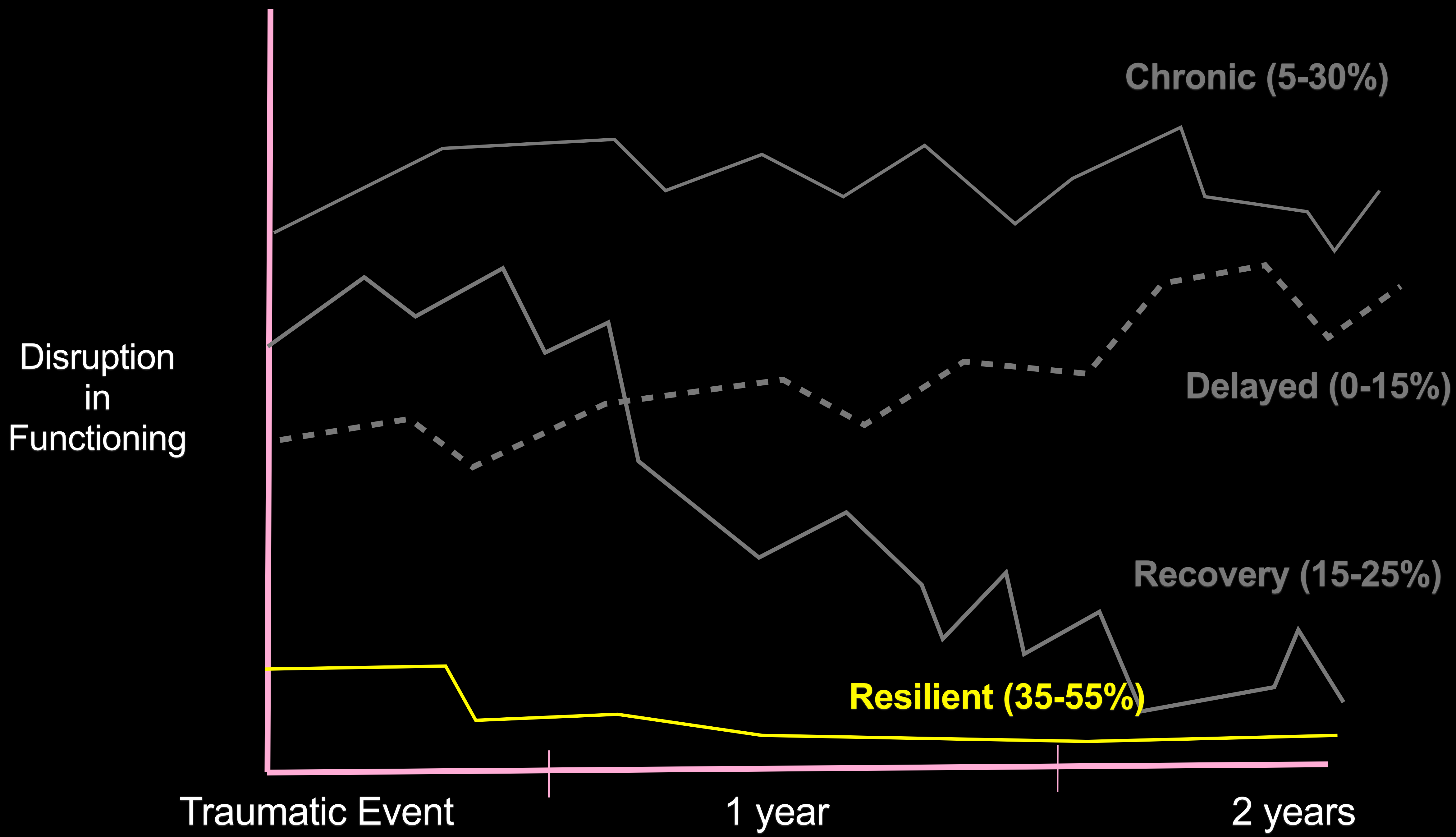
# Trauma and Emotional Health

## Limitations

- Emphasis on psychopathology leads to sampling bias
- What about the rest of the population?







# Resiliency

## Definition

Individual's tendency to cope with stress and adversity

An occurrence of rebounding or bouncing back



# Resiliency and Adjustment

Associated with absence of symptoms & distress

Increased level of mental health & functioning

Increased positive adjustment, as rated by close friends and relatives

Increased positive experiences, including positive images of self and comfort

# Why are Some More Resilient Than Others?

## Features

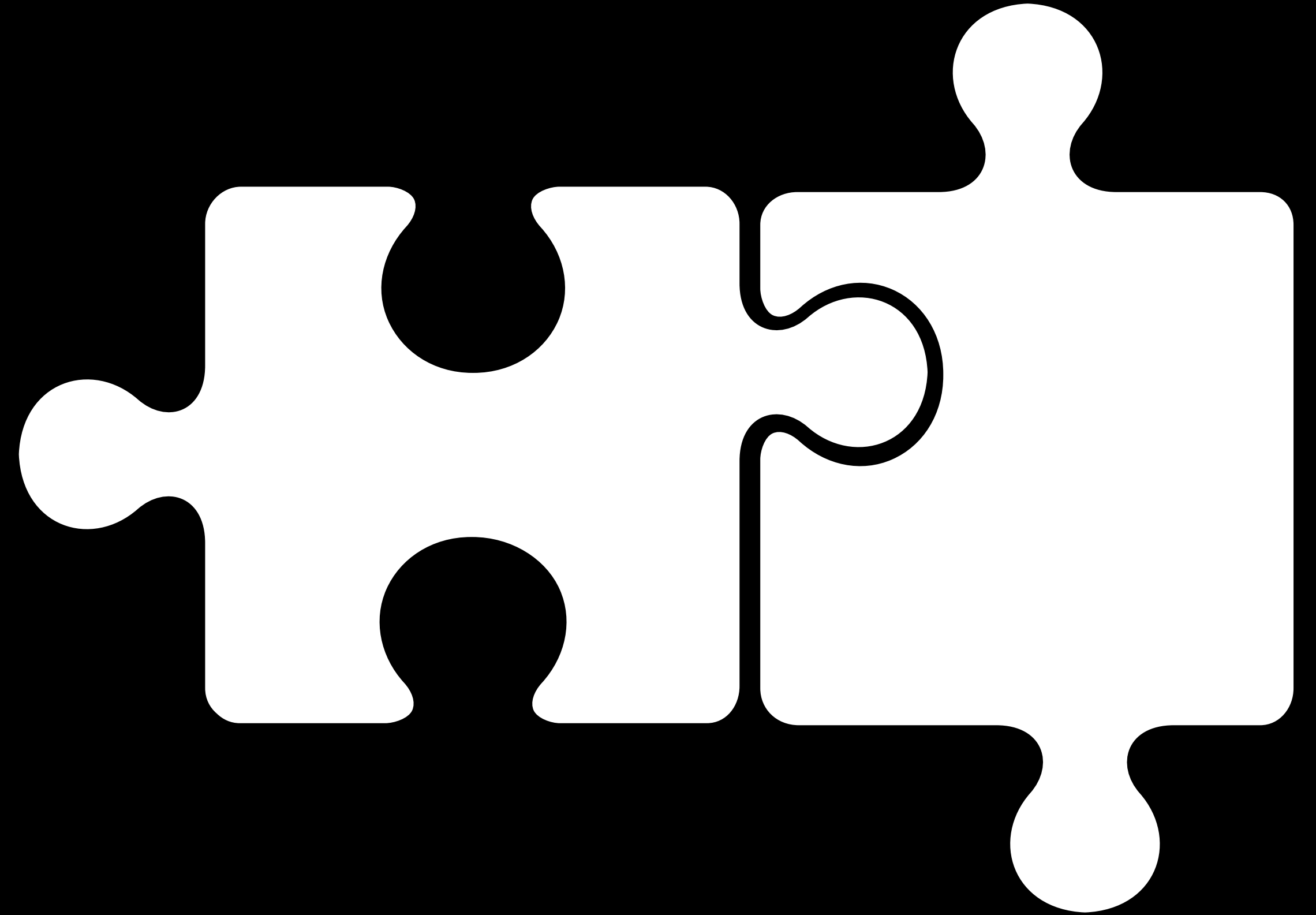
-Flexible use of regulatory strategies and behaviors

-3 components

1. Context sensitivity
2. Repertoire
3. Use of feedback

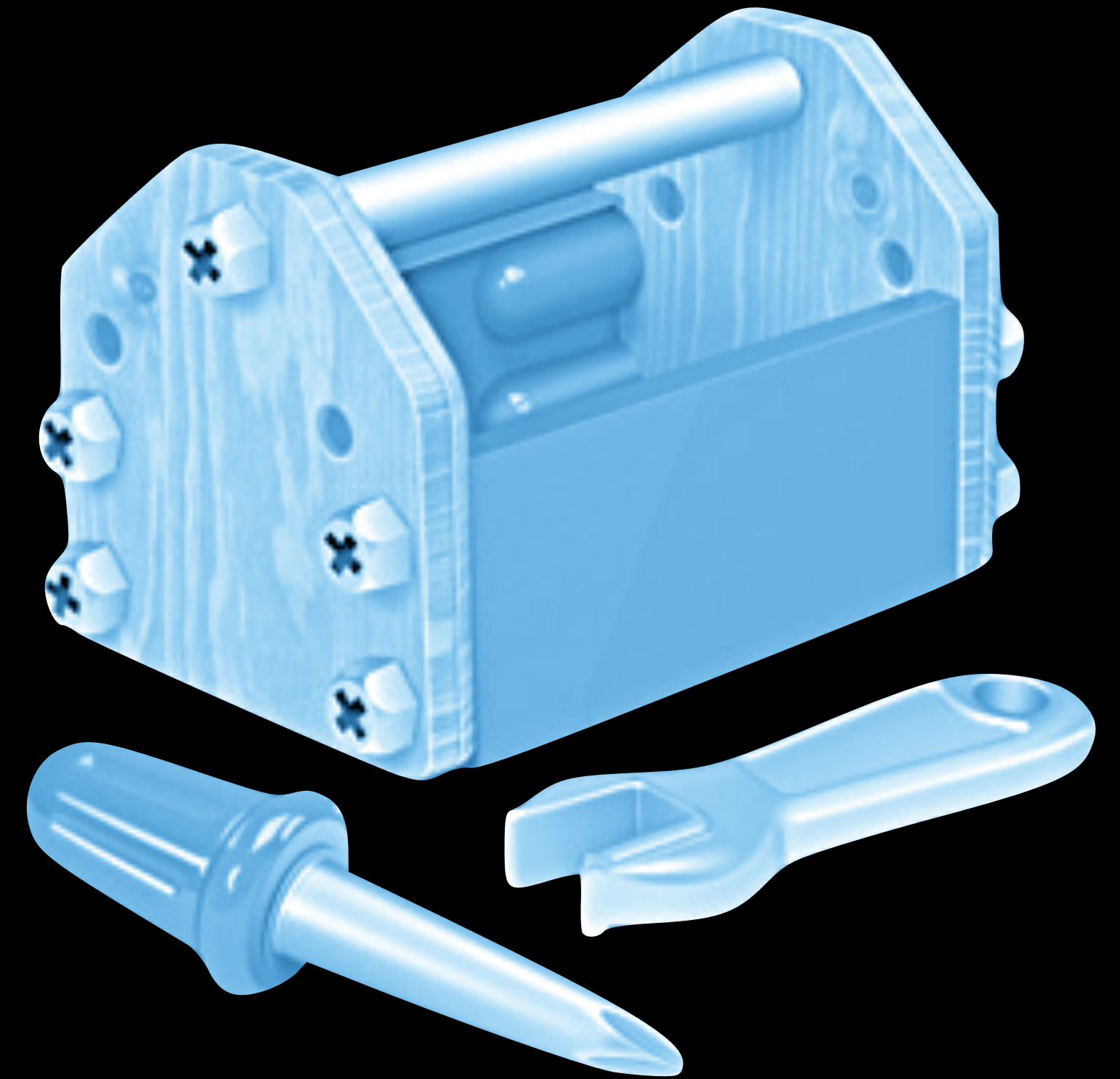
# Context Sensitivity: Definition

- Matching regulatory behavior to situational demands
- Fitting behaviors to the context

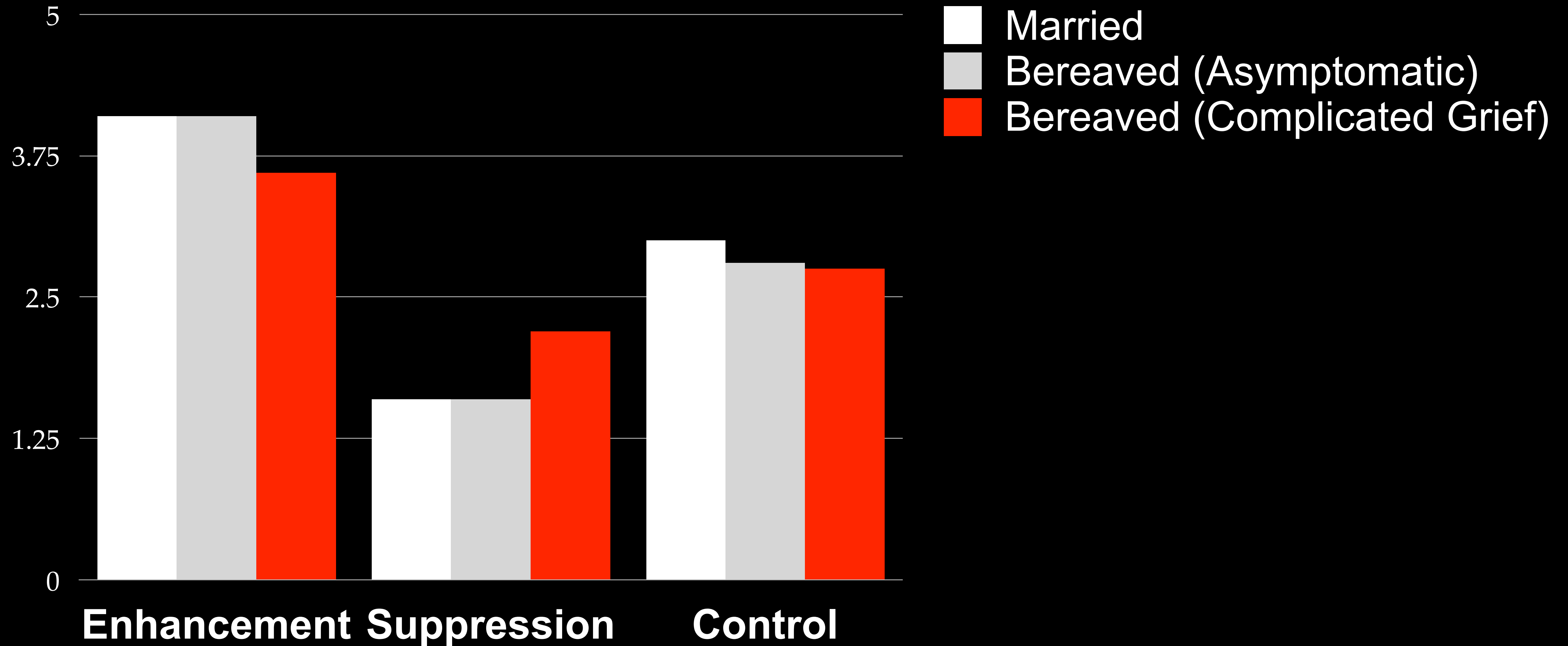


# Repertoire: Definition

- Tool box of possible regulatory behaviors and strategies
- Not all strategies are inherently good or bad
- Example: suppression
- Requires *expressive flexibility and positive emotion signalling*



# Expressive Flexibility is Important



# Positive Emotion Signalling is Important

Laughter following bereavement predicts better outcomes

## (1) 45 Adults: Death of Spouse in Past 6 months

- Question: Does laughter promote healing?

## (2) Interview with Spouses

- “Tell me about your relationship with your deceased partner.”
- 6 minutes to share narrative

## (3) Coded expressions of laughter

- Laughter predicts reduced grief at 14 & 25 mos. post-loss





**Bad Things Happen  
And Coping Matters**

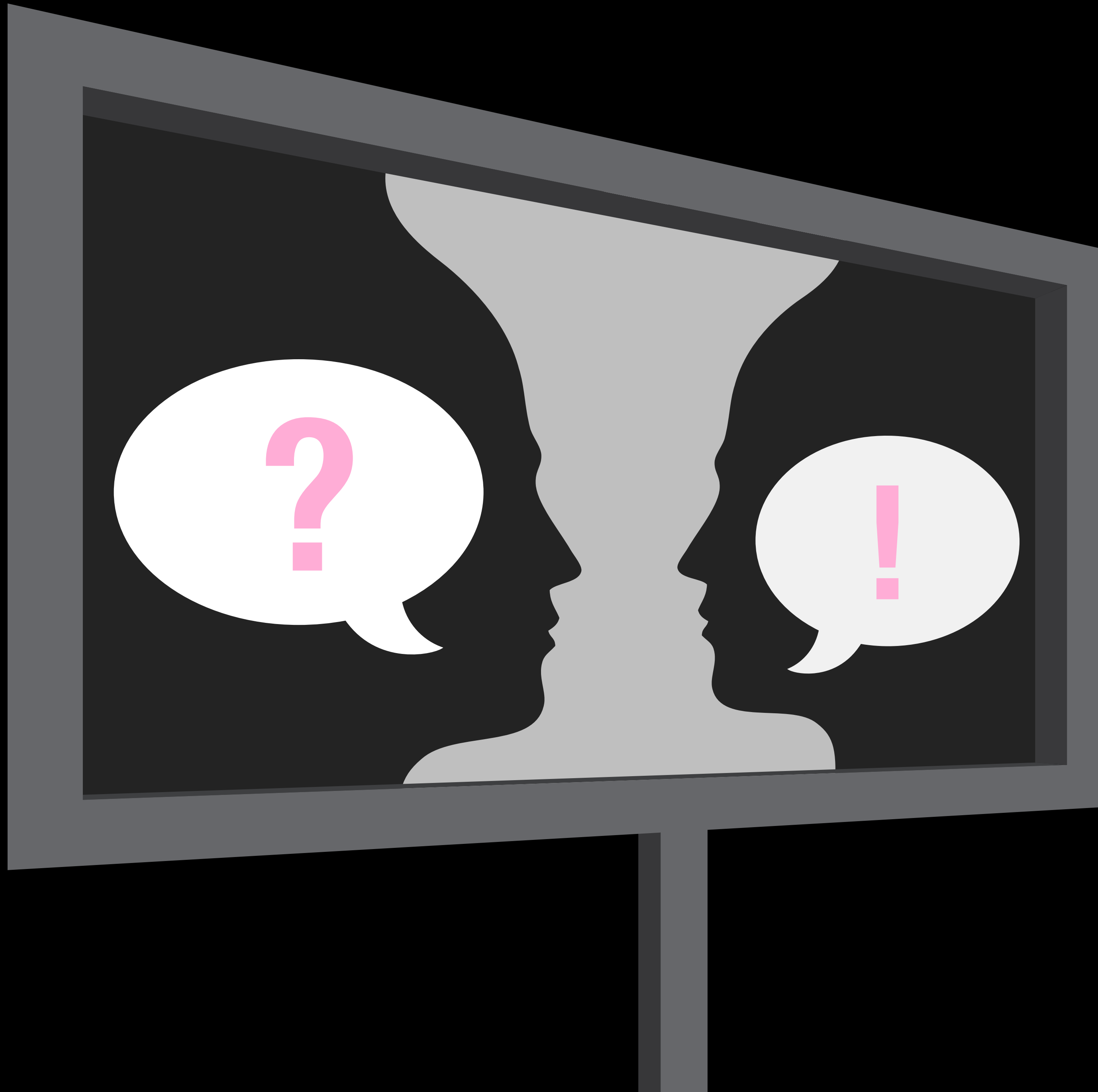
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# Experts In Emotion

**\*EXTRA CREDIT  
OPPORTUNITY\***

# Experts In Emotion Interview

Dr. Judith Moskowitz

Associate Professor in Residence  
Department of Medicine  
Osher Center for Integrative Medicine  
University of California, San Francisco

**Emotion and Physical Health**



# Experts In Emotion Interview

Dr. George Bonanno

Professor of Clinical Psychology  
Teachers College, Columbia University

**Emotion and Resilience**



# Thank You!

Psychology 3131  
Professor June Gruber

