Intervention

Chapter 4

Intervention

• **Interventions** are activities to block a stressor from resulting in negative consequences, such as:
  – psychological discomfort
  – Anxiety
  – infectious disease
  – chronic disease

Model of Stress

• Stress begins with a **life situation**.
• People will interpret situations differently – this is called **cognitive appraisal**.
• Situation must be **perceived** as stressful.
• Emotional reaction or feelings about situation.
• Feelings lead to **physiological arousal**.
• This leads to **consequences**.
**Model of Stress**

- Life Situation
  - Cognitive Appraisal
    - Perception
  - Emotional Reaction
  - Physiological Arousal
  - Consequence

---

**Setting Up Roadblocks**

- Once the progression of the model of stress is understood, it is possible to intervene short of these consequences.
- Intervention entails setting up roadblocks at various points on the stress theory model.

---

**Incomplete Comprehensive Stress Management**

- Teach participants only one or just a few stress management skills.
- At each level on the model, it is possible to filter out only a portion of the stress experience.
**Complete Comprehensive Stress Management**

- Includes intervention at **all levels** of the stress model
- Includes several means of intervention for each level

**Eustress and the Stress Model**

- Stress can result in **good** consequences.
- Examples of good consequences include:
  - personal growth
  - optimal performance
  - personal benefit
- Therefore, we do not want to eliminate all stress from our lives.

**Stress & Performance**

[Diagram showing the relationship between emotional arousal and performance, indicating a peak at moderate emotional arousal for maximum performance.]
More Stress-Performance Curves

Taking Control

• You are in much greater control over yourself than you have ever realized.
• Learning and applying the interventions (roadblocks) is your choice.

Skill & Challenge: The Keys to Active Living
Finding Flow

Finding Flow: An Acquired Process