Stress-Reaction Cycle
from Full Catastrophe Living by Jon Kabat-Zinn
Coping with Stress: Responding vs. Reacting
from *Full Catastrophe Living* by Jon Kabat-Zinn

![Diagram showing emotional and physiological responses to stress](image)

Key points:
- **External Stress Events** (stressors)
  - **Perception/Appraisal**
    - Fight or flight
    - Alarm reactivity
  - **Internal Stress Events**
  - Mindfulness: appraisal of thoughts, feelings, and perceived threats
    - Awareness
    - Relaxation

- **Stress Reaction**
  - Hypothalamus
  - Pituitary
  - Adrenals
  - Acute hyperarousal
  - BP↑, pulse rate↑

- **Internalization**
  - Inhibition of the stress reaction
  - Chronic hyperarousal
  - HBP
  - Arrhythmias
  - Sleep disorders
  - Chronic headaches, backaches, anxiety

- **Maladaptive Coping**
  - Self-destructive behaviors:
    - Overworking
    - Hyperactivity
    - Overeating

- **Substance dependency**
  - Drugs
  - Alcohol
  - Cigarettes
  - Caffeine
  - Food

- **Breakdown**
  - Physical/psychological exhaustion
  - Loss of drive, enthusiasm
  - Depression
  - Genetic predispositions
  - Heart attack
  - Cancer

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