

The Science of Stress

Part One - Class Summary

- Our bodies need to maintain homeostasis (equilibrium) for it to function and thrive
- Stress is our reaction to anything that challenges our equilibrium
- Stressors knock us out of equilibrium
- When we get knocked out of equilibrium for sustained periods, we become ill
- Whilst other stressors are valid and important, most day to day stressors are psychological stressors
- Allostasis is the adaptive process of achieving homeostasis
- Adaptation is how we develop resilience to stress
- We develop adaptation through practice
- Thrive is like a gym membership for your mind, to develop resilience to psychological stress