

Stress is a normal physical response to abnormal events. It became a way of life demanding our adaptation.

Syndrome called general adaptation syndrome describes the body's short-term and long-term reaction to stress.

It involves three stages:

1. Alarm reaction (excitation, tension, emotions of fear, anger or rage, etc.);
2. Stage of resistance (anti-shock, resistance);
3. Exhaustion.

These stages are not present in every case of stress, although third phase can be avoided individually.

DEPARTMENT OF MENTAL HEALTH AND MILITARY PSYCHOLOGY CLINIC FOR PSYCHIATRY

Military insured and patients with civilian health insurance coverage and GP's referral can seek an appointment scheduled via the Appointment Lines, every day from 07.30 a.m. to 03.30 p.m.

All citizens with civilian health insurance coverage who use the MMA service at their request are able to schedule the appointment Monday through Thursday, from 03.30 p.m. to 07.30 p.m.

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STRESS

Stress is a normal physical response to events that make you feel threatened or upset your balance in some way.

Stressor is an environmental condition or a stimulus threatening individuals, such as:

sensory input: hunger, disease, physical exhaustion

social issues: instant joy, loss of a loved one

life experiences: unemployment or social influence

Excepting rare situations (as war or earthquake) which represent universal stressors, feeling of stress is individual in each cultural environment. However, the condition producing stress reactions on one person can be normal way of functioning for the other person. Each person reacts on his/her stressor(s) concerning individual development, experiences and biological method of functioning, adding that life values and life philosophy. To perceive specific situation as threatening, it should have crucial meaning for person.

By its psychological definition stress is the body's reaction to any stimuli that disturb individual or group equilibrium (physical, psychological or social) in a way that with its longtime exposition person is not able to re-establish it. Stress situations can be elementary accidents such as: earthquakes, conflagrations, big explosions, overflows or accidents caused by human as car accidents or fires. Special category includes emergencies provoked by human act, i.e. wars and use of classical, atomic or biological weapons.

Managing stress is all in taking charge of thoughts and emotions.

Extremely vulnerable persons, easy to insult, insecure-without confidence in themselves are more inclinent to stress. People perfectionists who cannot differ relevant from irrelevant, extremely vain and self-conscious persons reacting aggressively are unable to relax and adapt.

People without health problems are more easy to adapt. Physical health and good condition are also important factors. Stress reaction depends on individual amount of energy which should be rationally used for adaptation.

By re-establishing balance in organism, person can win the fight against stress. Only a good night sleep, positive thinking and sharing misery with friends can help.

Gradual exposure to continuous unpleasant and negative emotions (as feeling of fear) and their link with positive and completely opposite situations (such as concerts organized at the square during bombarding city, presence of field head, etc. Stress reactions should be learned, as children looking up for their parents, military heads giving the example to young generations...

Generally, stress begins with long-term exhaustion and general body weakness which is followed with irritability without reason.

Signs include: rapid heartbeat looking as the heart which wants to come out of chest, headache, short temper, cold or benumbed, stomach pain, irritability, agitation, nervous cough, general unhappiness, crying with no specific reason, breathing difficulties, breathlessness, dry mouth, pessimistic feelings, uncontrolled motions of face, eyes or body muscles, speech inability, eating more or less, insomnia and bad functioning in social collective. If these signs are not long and make people relaxed, stress is good controlled.

On the other hand, if they last longer or repeat caused by meaningless but more intensive stressors and such as high sound, look at the TV, odor we talk about harmful effects of stress.

Stressed person has disorder of motor skills, conscience and thinking. Psychomotor disorders manifest through two types of behavior: numbing behavior (mindless-passive, apathic-benumbed) and irritable behavior (panic and anxiety).

Conscience disorder is characterized by perplexity and confusion, pliability and distraction. The picture is further marked by violent and unsuitable verbalization process, argumentation enriched by fantastic and unbelievable situations, as well as plural of childish behavior. Stress reaction lasts from a few days to maximally day or two. If longer, individual person cannot adapt by himself/herself and need professional help. There is also possibility that mentioned signs do not appear in their fully developed form and oftenest disappear before person demands help.

