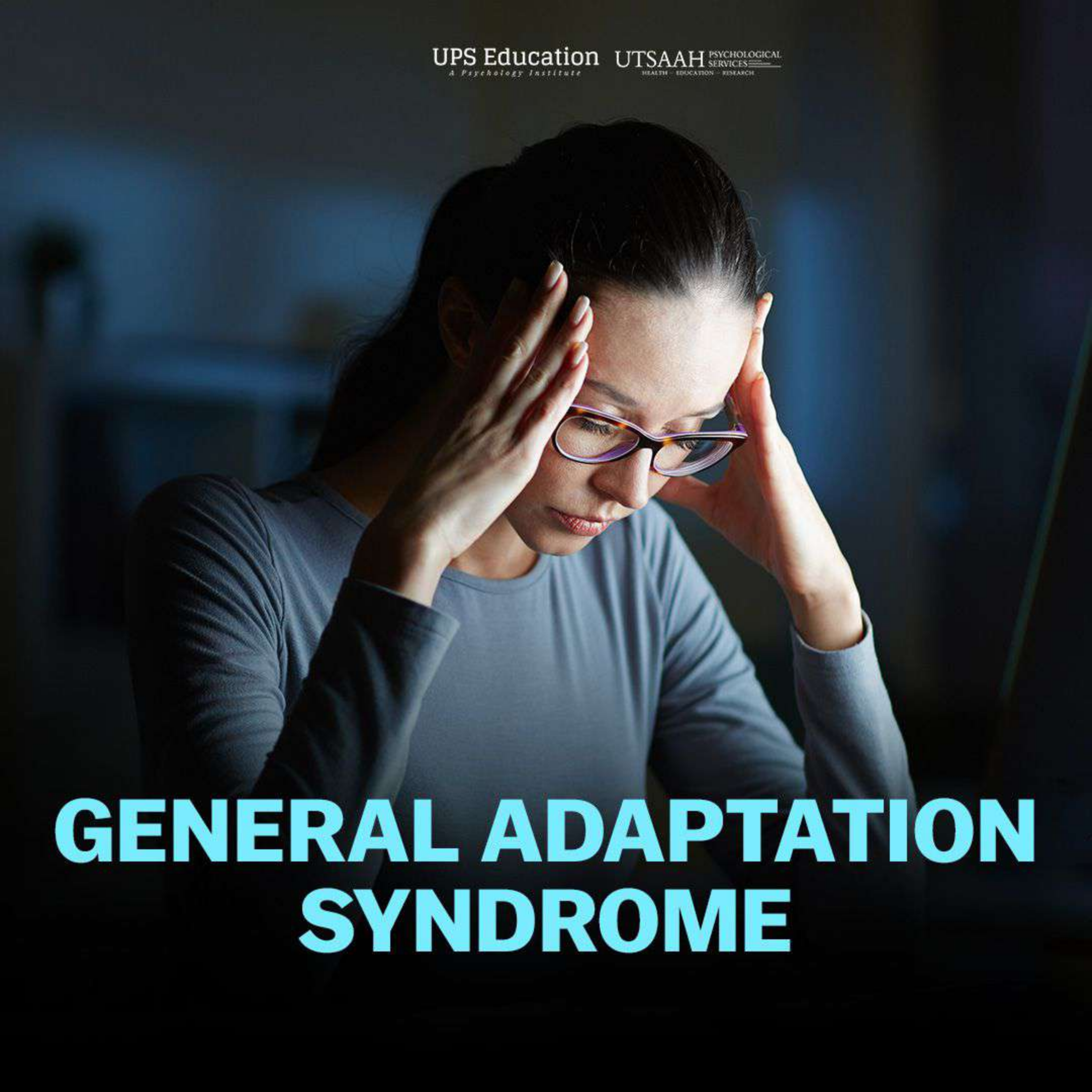
UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH



GENERAL ADAPTATION SYNDROME

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Developed by endocrinologist Hans Selye, the General Adaptation Syndrome (GAS) describes how the body responds to stress through three distinct stages. Selye's research provided key insights into the impact of stress on physical health.

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

ALARM STAGE

When the body detects a stressor, it activates the sympathetic nervous system. This response triggers the adrenal glands to release stress hormones like adrenaline and cortisol, which increase heart rate, blood pressure, and blood sugar. During this stage, symptoms such as fever, nausea, and headaches may appear as the body prepares to face the stressor.

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

RESISTANCE STAGE

In this stage, the body starts to adapt to the ongoing stressor. Although the initial symptoms of the alarm stage diminish, the body continues to release stress hormones to maintain functioning. This phase may include reduced pain sensitivity due to changes in hormone levels, helping the body manage the stressor more effectively.

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

EXHAUSTION STAGE

Prolonged stress depletes the body's resources, leading to the exhaustion stage. This stage can cause serious health problems, such as high blood pressure or weakened immunity. If the stressor persists and recovery does not occur, it can lead to severe health consequences or even death.

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Follow us on

@upseducation