

Module 3: Mental Training

Topic 1 Content: General Adaptation Syndrome (G.A.S.) Notes

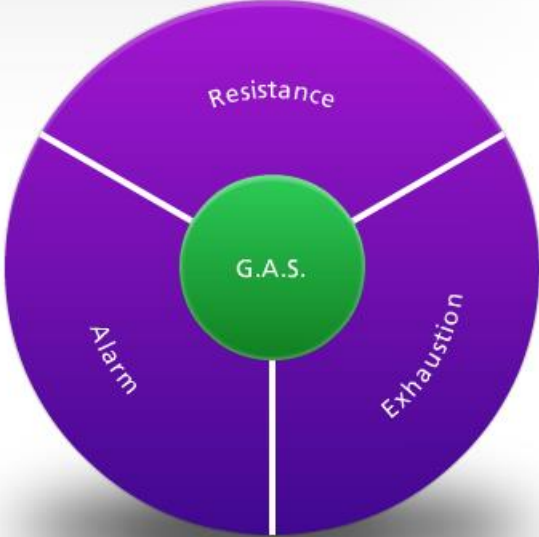
Introduction

General Adaptation Syndrome (G.A.S.)

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Dr. Hans Selye, the father of stress research, conducted a study on the body's response to stress. He found that the body adapts to a stressor through a pattern of physical reactions. He called this pattern the **General Adaptation Syndrome**, which includes three stages -- alarm, resistance, and exhaustion.

Click on the parts of the diagram to learn more about each stage.



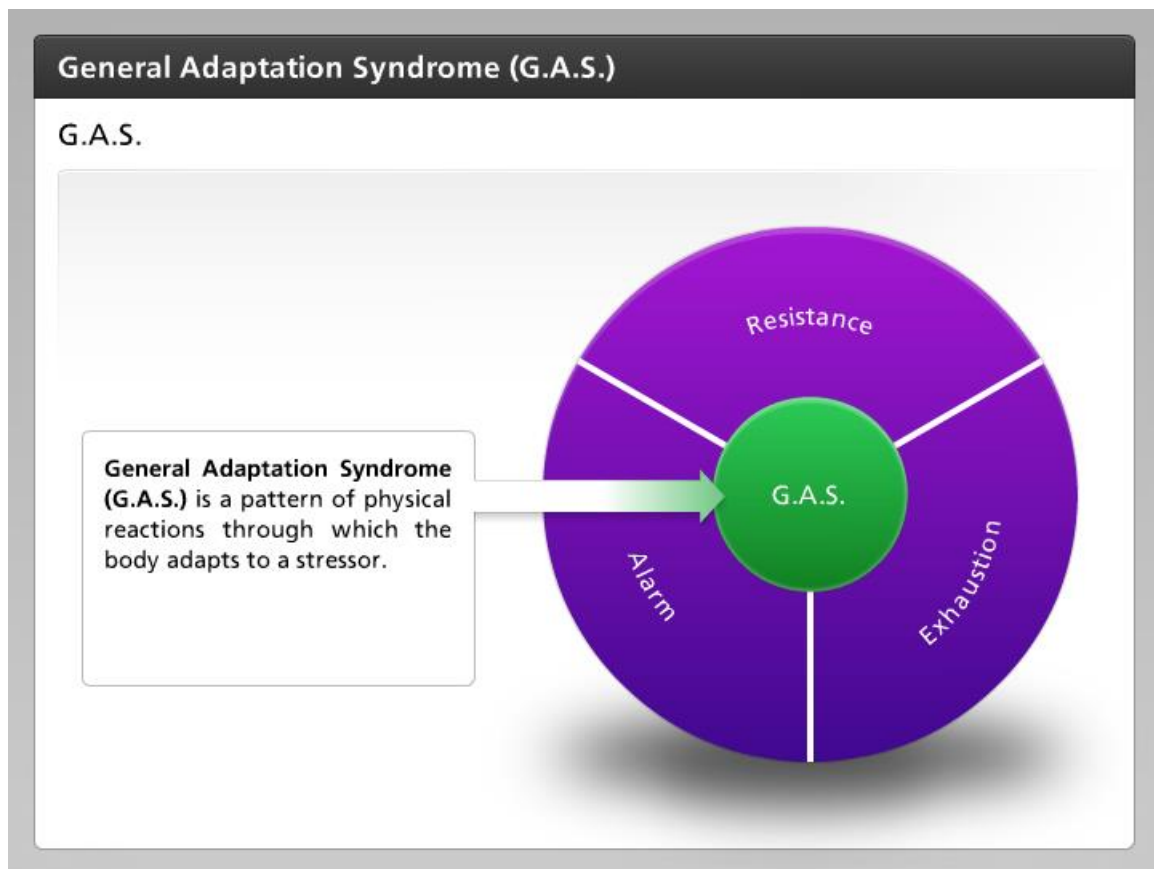
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G.A.S.

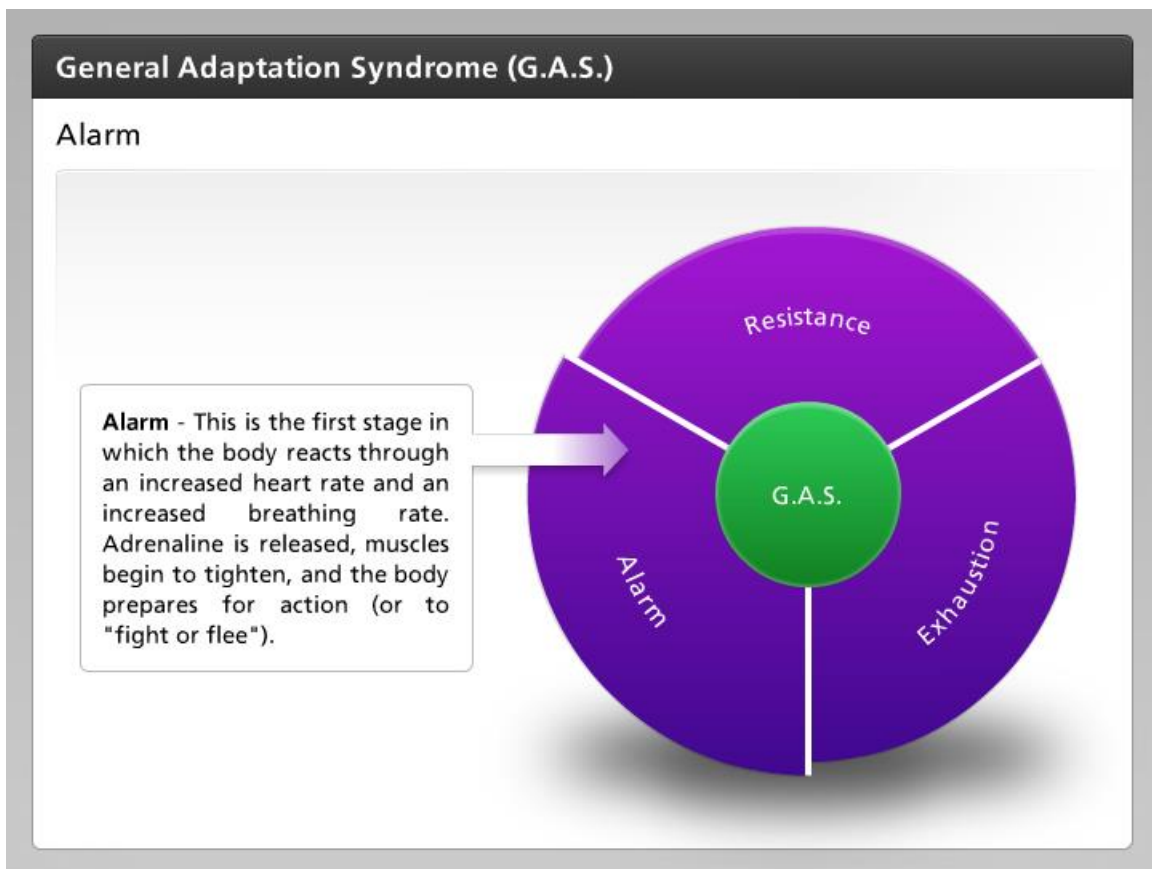


General Adaptation Syndrome (G.A.S.) is a pattern of physical reactions through which the body adapts to a stressor.

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Alarm

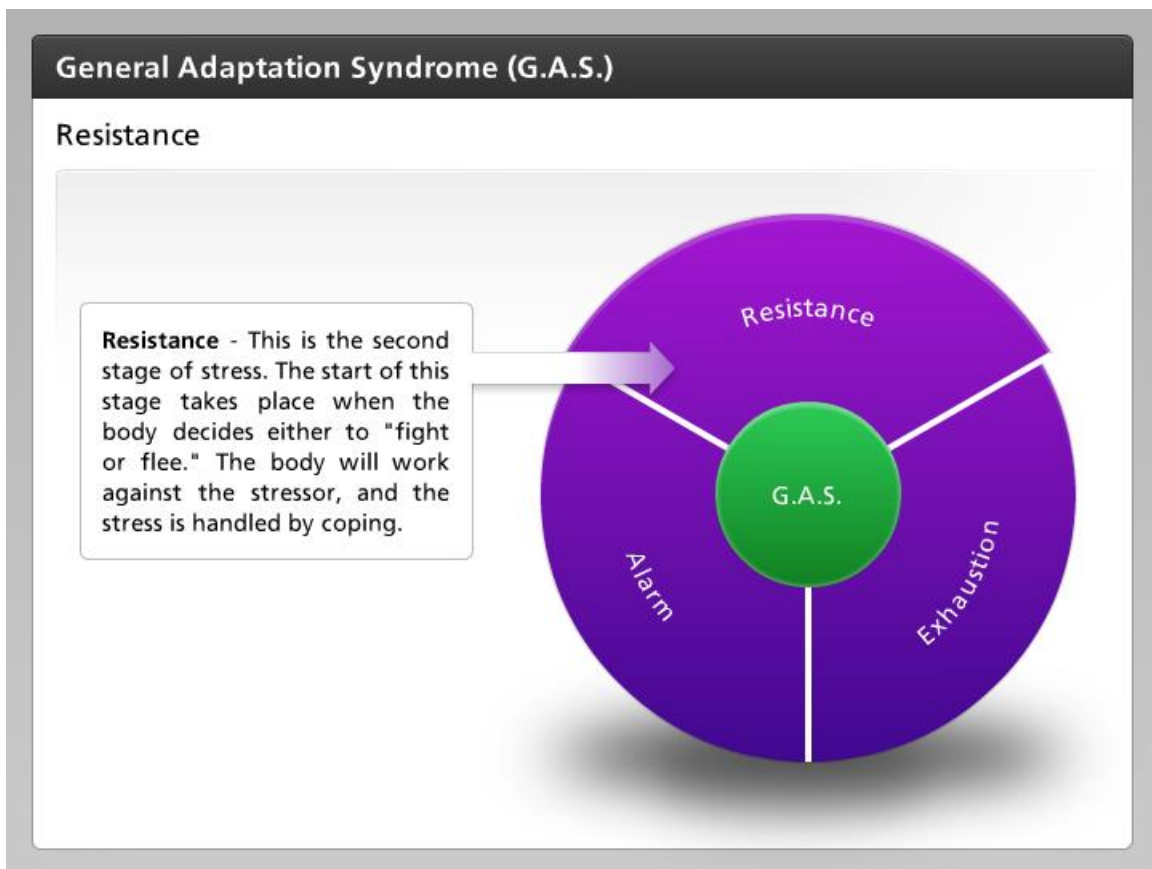


Alarm - This is the first stage in which the body reacts through an increased heart rate and an increased breathing rate. Adrenaline is released, muscles begin to tighten, and the body prepares for action (or to "fight or flee").

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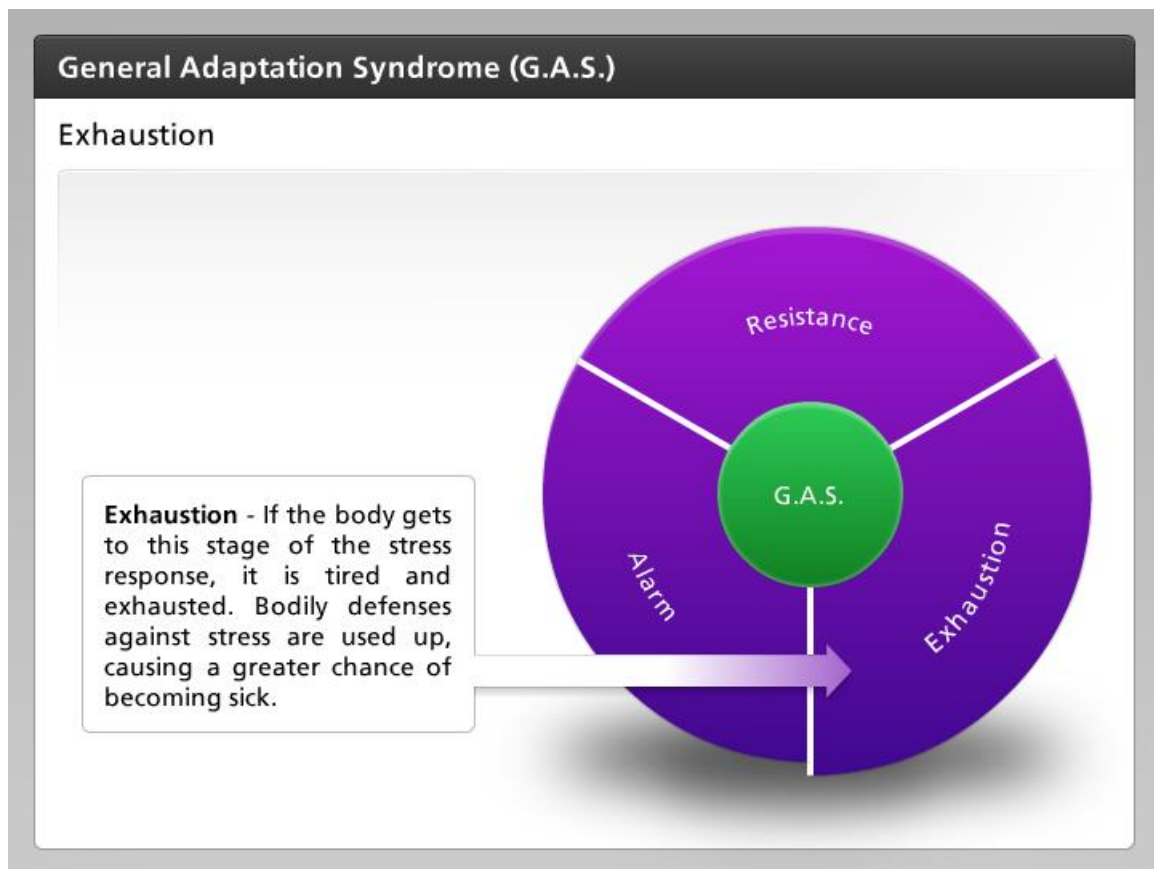
Resistance



Resistance - This is the second stage of stress. The start of this stage takes place when the body decides either to "fight or flee." The body will work against the stressor, and the stress is handled by coping.

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Exhaustion



Exhaustion - If the body gets to this stage of the stress response, it is tired and exhausted. Bodily defenses against stress are used up, causing a greater chance of becoming sick.