

## Part III

# Special Topics and the Human Stress Response

Special Topics and the Human Stress Response Part III is the last of three major sections in this book. It is dedicated to the presentation of “special topics” relevant to the phenomenology and treatment of human stress. Chapter 17 introduces the notion of spirituality and religion and the roles they may play in the prevention and treatment of pathogenic stress.

It is been said we are what we eat. In Chap. 18 we examine this notion as it pertains to the stress. Certain foods have been shown to increase stress, while others may actually decrease stress. There is recent great interest in antioxidants, organic foods, and energy drinks. We review the implications for each.

No book on stress would be complete without a discussion of sleep. It seems certain that sleep can heal, yet its absence can prove pathogenic. In Chap. 19 we look at this critical, yet much neglected human experience and its relation to stress.

Chapter 20 examines grief and loss. This age-old topic is dramatically updated with the latest information on phenomenology and treatment. There is also a brief discussion of children and grief.

Chapter 21 examines a topic of great current relevance “Posttraumatic Stress Disorder.” Especially because of issues such as war and disaster, PTSD remains an important topic within any volume dedicated to human stress. Analysis of both phenomenology as well as clinical outcome reveals PTSD to be the most severe form of human stress arousal. Within this chapter we review both biological and psychological foundations. Furthermore, we make suggestions on a neurocognitive approach to intervention.

Chapter 22 reviews the field of crisis intervention with a special emphasis upon psychological first aid (PFA). PFA has been widely embraced as the standard of care in acute psychological intervention.

Chapter 23 offers a historical account of the father of the stress concept Dr Hans Selye. This highly unique perspective is provided by one of Selye’s colleagues, Dr Paul Rosch.