

# Family Stress

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# Definition of Crisis

- Crisis involves change.
- A crisis is a turning point with the potential for positive effects, negative effects, or both.
- A crisis is a time of relative instability.

# Types of Stressors



Addition of a family member



Loss of a family member



Ambiguous loss



Sudden unexpected change



Ongoing family conflict



Caring for a dependent, ill or disabled family member



Demoralizing event



Daily family hassles

# Stressors



- Daily family hassles, such as a child's coming down with chicken pox, put demands on a family.
- Sometimes everyday hassles pile up to result in what social scientists call “stressor overload.”

# Responses to Stress

- General Adaptation Syndrome
  - Alarm reaction
  - Resistance
  - Exhaustion

# How to Manage Family Stress?

- Patterns of Crisis
- Event
- Disorganization
- Reorganization
- Coping
- ABC-X