

# OFFERING HOPE

Cannon 1932 fight or flight response

Selye - 1956

Physiological stress reaction 2008

BY

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- Introduction

- Bible verses

- Psalms 39:7 – And now, Lord, what wait I for? My hope is in thee.
    - Romans 5:2 – By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God.
    - Romans 15:4 – For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.
    - I Corinthians 13:13 – And now abideth faith, hope, charity, these three; but the greatest of these is charity.
    - Colossians 1:23 – If ye continue in the faith grounded and settled, and be not moved away from the hope of the gospel, which ye have heard, and which was preached to every creature which is under heaven; whereof I Paul am made a minister;
    - I Peter 1:21 – Who by him do believe in God, that raised him up from the dead, and gave him glory; that your faith and hope might be in God.

- Psalms 42:5 – Why art thou cast down, O my soul? And why art thou disquieted in me? Hope thou in God: for I shall yet praise him for the help of his countenance.
- Learned helplessness and learned optimism by Martin Seligman
  - One of the top psychological studies of all time.
    - In 1967 Martin Seligman published *Failure to Escape Traumatic Shock* and discussed learned helplessness. Dogs that were exposed to electrical shock and could not escape eventually no longer tried to escape and even when placed in situations where escape was possible they did not try to escape; they had learned helplessness. Research since then reveals that people also can develop learned helplessness.
    - In 1991 Seligman published *Learned Optimism* which foreshadowed the positive psychology movement.
- Synonyms of hope
  - Hope – the feeling that what we want can occur
    - An expectation
    - A longing
    - To look forward to with desire
    - To believe
    - To trust
  - Hopeless
    - Incurable
    - Rejected
    - Despairing
    - Despondent

Desperate

Melancholy

Depression

Emotional state of seeing no hope

Extreme danger

- Signs of hopelessness
  - Voice tone
  - Face, affect
  - Negative thinking
- Offering hope
  - A kind voice
  - A warm Bible verse
  - Medication
  - Hospitalization
  - Residential
- Common fight or flight response – 1932

Stress



↑heart rate

↑blood pressure

↑breathing

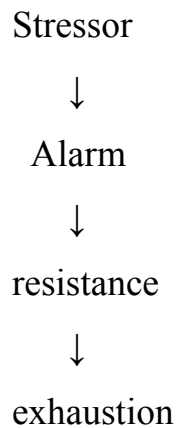
dilated pupils

↑blood sugar

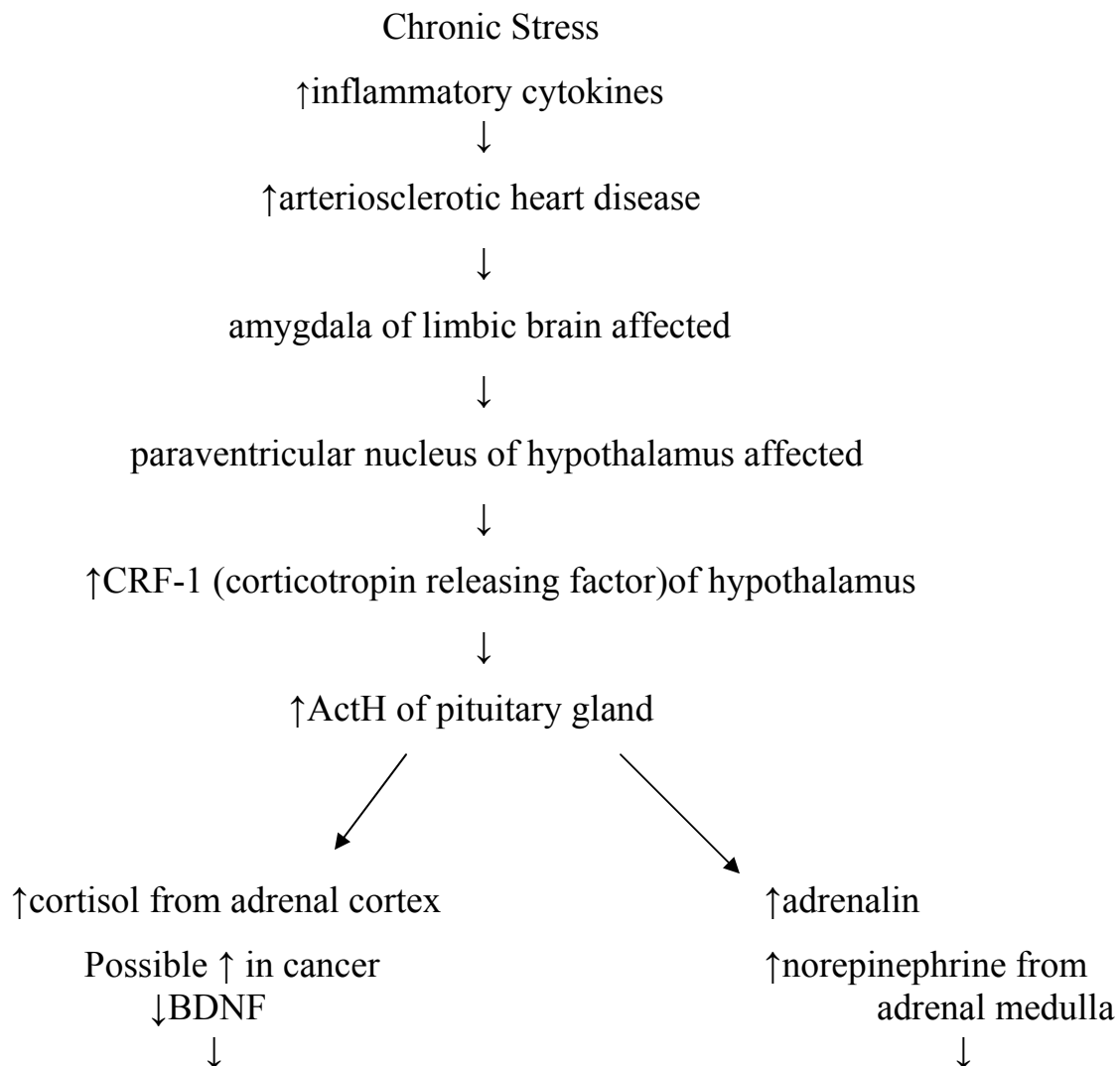
↑GI activity

- The GAS (General Adaptation Syndrome) (Selye, 1956)

- The GAS could be diagrammed as follows:



- Modern day fight or flight physiology (2008)



↓serotonin, ↓norepinephrine, ↓dopamine



↑depression, ↑anxiety

↑blood pressure

↑pulse

- Conclusion

- Bible Verses

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