

## **Lecture 8 – February 4, 2008**

### **III. Psychological factors**

#### **B. Stress and neuroendocrinology**

- 2. What things are stressful?**
  - a. characteristics of events**
  - b. classes of events**
  - c. chronic stress**
- 3. Physiology of stress**
  - a. Overview of the nervous system**
  - b. Autonomic NS**
  - c. HPA system**
  - d. Hormones and neural inputs to tissues**
  - e. Stress hormones and immune system communication**
  - f. Conclusion**

**READING: Ch. 6, Ch. 2 (pp. 16-22); Ch. 14 (pp. 378-388)**