The “Why’s” of Increasing Stress Intense-city

Franko Noreci, Dr. Ritsa Fotinatos-Ventouratos
Department of Psychology

There are many conceptualizations of stress. According to the American Psychological Association (2018), **stress** is a condition emerging in presence of internal or external stressors that produces physiological and psychological outcomes.

Stress symptomatology

Cognitive
Cognitive distortions
Overthinking

Emotional
Mood swings
Irritability
Restlessness

Behavioral
Reduced appetite
Sleep disturbances
Substance abuse

Physical
Bodily organs
Headaches

Urban life is a dynamic stressor - constantly changing. Thus, the **transactional model** (Lazarus & Folkman, 1984) seems the best fit for addressing urban life-related stress.

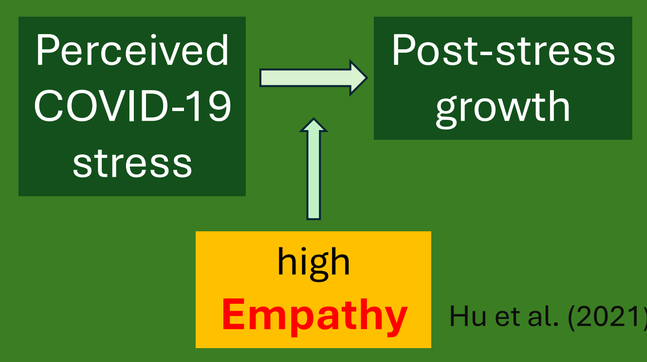
Stressor or stress (External agent) → **Evaluation (by mind or body)** (Is the external stimuli dangerous?) → **Coping process (by mind or body)** (Will I deal with stressful demands?) → **Stress Reaction** (The effect on body or mind)

“Coping is personality in action” (Afshar et al., 2015)

FACTORS OF STRESS UPRISE

- The effect of COVID-19 stressor on **rumination** (=repetitive negative thinking) was moderated by **psychological support** (Ye et al., 2020).
- **Extraversion** mitigates the effect of COVID-19 stressor on **depression** levels solely for **males** (Wang & Zhu, 2022).
- **Social isolation** stress impacts adversely on neurotransmitter systems triggering **addictive behaviors** (Brandt et al., 2022).
- **Problem-focused** coping strategy functions as the mediator in the association of **age** and **positive affect** (Chen et al., 2017).
- Individuals exhibiting high levels of **self-esteem** engage more in **problem-solving** coping strategies (Leandro & Del Castillo, 2010).

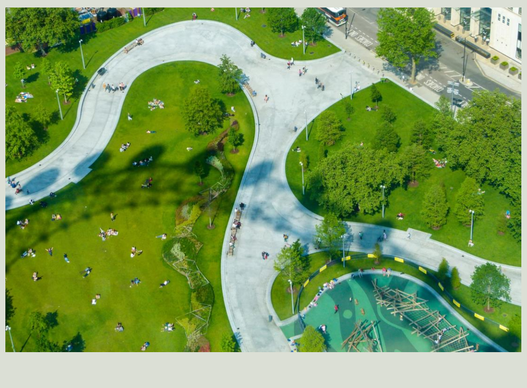




Hu et al. (2021)

SOLUTIONS - STRESS REDUCTION

- Urban green spaces
  - In Australia, foster ***communal resilience*** during COVID-19 pandemic (Berdejo-Espinola et al., 2021).
  - coping strategies cultivation (Vujčić et al., 2017).
- Social support generates feelings of **security** and decreases **anxiety** (Harandi et al., 2017).
- Increase **resilience** in modern day life (Fotinatos-Ventouratos et al., 2024)





Multi-faceted variables interact with the stress-strain relationship. Exposure to nature surrounds, social support and good community infrastructure are crucial in ensuring and sustaining psychological wellbeing at the individual, community and societal level.

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