

## Références bibliographiques pour la vidéo :

### Traumatisme : comment retrouver les bénéfices du stress ?

de Cyrinne Ben Mamou, PhD



La vidéo est accessible sur le site de formation [formations.cyrinne.com](https://formations.cyrinne.com) dans la série Vidéo-Blog (<https://formations.cyrinne.com/store/gFoz5MzK>)

ou encore sur le site <http://cyrinne.com/traumatisme-comment-retrouver-les-benefices-du-stress/>

#### Références bibliographiques :

1. Richard G Tedeschi, C., & Moore, B. A. (2016). The Post-Traumatic Growth Workbook.
2. Dias-Ferreira, E., Sousa, J. C., Melo, I., Morgado, P., Mesquita, A. R., Cerqueira, J. J., et al. (2009). Chronic stress causes frontostriatal reorganization and affects decision-making. *Science (New York, NY)*, 325(5940), 621–625. <http://doi.org/10.1126/science.1171203>
3. Extremera, N., & Rey, L. (2015). The moderator role of emotion regulation ability in the link between stress and well-being. *Frontiers in Psychology*, 6(160), 1632. <http://doi.org/10.3389/fpsyg.2015.01632>
4. Lupien, S. (2010). Par amour du stress.
5. Maté, G. (2203) Quand le corps dit non: le stress qui démolit. Les éditions de l'homme.
6. McGonigal, K. (2015). The Upside of Stress. Penguin.
7. Regel, S., & Joseph, S. (2017). Post-traumatic Stress. Oxford University Press.
8. Rendon, J. (2015). Upside. Simon and Schuster.
9. Ruiz-Aranda, D., Extremera, N., & Pineda-Galán, C. (2014). Emotional intelligence, life satisfaction and subjective happiness in female student health professionals: the mediating effect of perceived stress. *Journal of Psychiatric and Mental Health Nursing*, 21(2), 106–113. <http://doi.org/10.1111/jpm.12052>
10. Schwabe, L., & Wolf, O. T. (2009). Stress prompts habit behavior in humans. *The Journal of Neuroscience : the Official Journal of the Society for Neuroscience*, 29(22), 7191–7198. <http://doi.org/10.1523/JNEUROSCI.0979-09.2009>

11. Schwabe, L., & Wolf, O. T. (2010). Socially evaluated cold pressor stress after instrumental learning favors habits over goal-directed action. *Psychoneuroendocrinology*, 35(7), 977–986. <http://doi.org/10.1016/j.psyneuen.2009.12.010>
12. Singh, Y., & Sharma, R. (2012). Relationship between general intelligence, emotional intelligence, stress levels and stress reactivity. *Annals of Neurosciences*, 19(3), 107–111. <http://doi.org/10.5214/ans.0972.7531.190304>
13. Welberg, L. (2013). Neuroendocrinology: Hypothalamic self-tuning to stress. *Nature Reviews Neuroscience*, 14(6), 377–377. <http://doi.org/10.1038/nrn3508>
14. Winslow, B. D., Carroll, M. B., Martin, J. W., Surpris, G., & Chadderdon, G. L. (2015). Identification of resilient individuals and those at risk for performance deficits under stress. *Frontiers in Neuroscience*, 9, 328. <http://doi.org/10.3389/fnins.2015.00328>
15. Yu, R. (9999). Stress potentiates decision biases: A stress induced deliberation-to-intuition (SIDI) model. *Neurobiology of Stress*, 3(c), 83–95. <http://doi.org/10.1016/j.ynstr.2015.12.006>