

Stress and You Series – Week #1

What Is Stress?

We turn on exactly the same stress response as an animal running for its life only we do it for psychological reasons. Stress is anything that takes us out of the physical or emotional balance necessary to provide basic needs and comfort.



What is a Stressor?

When we think we are about to be pushed out of balance.

What is a Stress Response?

A series of hormonal and neural adaptations meant to bring us back into balance.

Ex. Blood pressure increases, Energy sources accessed to activate muscle tissue, Heart Rate increases etc.

Long-Term, Ongoing Stress Can Result in:

- Elevated Risk For: Diabetes, High Blood Pressure etc.
- Reduced: tissue growth and repair, reproductive ability, sexual response, memory capacity, immune system ability, thyroid function... etc.
- Increased: anxiety, risk of depression

When is Stress Chronic?

When it is continual, lasting, persistent

Good News:

We can learn behaviours and strategies from those who deal well and cope well with the *same* day to day stressors.

What is the #1 Stressor?

Notes:
