



WHAT IS STRESS?

By Thuy Nguyen

What is stress? Stress is what you feel when you react to pressure, it can either be from within yourself or from things happening in the outside world. We all feel stress from time to time and may feel it in different ways. Some might cope with stress more effectively than others. Remember, a little bit of stress is sometimes good for you.

There are at least three different types of stress:

- Acute or routine stress are from pressures of work, family, as well as other family responsibilities.
- Episodic acute stress is brought about by a loss of a job, a divorce, or an illness.
- Chronic stress or traumatic stress could be a result of a major accident, assault or natural disaster (such as hurricanes or tornadoes).

For more information on the above types of stress, visit the American Psychological Association at: <http://www.apa.org/helpcenter/stress-kinds.aspx>

Learn to identify what stresses you and how you should take care of yourself both physically and emotionally.

Some signs you're stressed out are:

- Feeling depressed, edgy, guilty or tired
- Having headaches, trouble sleeping
- Blaming other people for bad things that happen to you
- Things that you used to enjoy aren't fun anymore or may be a burden

Some stress management strategies:

- Make sure to get enough sleep
- Eat a well-balanced meal regularly
- Exercise regularly
- Seek professional help when needed

Visit the websites below to get additional information on stress management tips:

Medline Plus

<https://www.nlm.nih.gov/medlineplus/stress.html>

National Institute of Mental Health-Fact Sheet on Stress

<http://www.nimh.nih.gov/health/publications/stress/index.shtml>

WebMD-Stress Management Health Center

<http://www.webmd.com/balance/stress-management/stress-management>

HelpGuide.org - Stress Management

<http://www.helpguide.org/articles/stress/stress-management.htm>



Changing Lives. Every Day.