

Sept 11, 2019

What is Stress?

Examples of Stressors

Coping with Stress

## Warm-Up

The proportion of residents who reported that their days were 'quite a bit' or 'extremely' stressful was **lower** than the national average (23.0%) in New Brunswick with **Reveal- %**



## What is stress?

Stress is the body's reaction to a change or challenge and to any new, threatening or exciting situation.

There are two forms of stress:

Acute : most common type, short term response to something immediate. It is the fight or flight response. The stressor can be real or perceived (i.e. preparing for an exam, illness, work, school etc)

Chronic : is prolonged stress, more than an individual can cope with or control. (i.e. long-term school or work overload)

Stressors are the factors that cause stress.

Physical stressors = illness, accidents, lack of sleep, heat, cold, noise etc

Psychological/Emotional = pressure and deadlines at work or school, problems with loved ones, the need to pay bills, rejection etc

## Response to Stress: 3 stages

### Alarm Reaction (Flight or Fight)

It is rapid, intense and short lived. It also comes in handy when there is a true emergency, you can gain strength you didn't know you had. Ever heard of a person lifting a car off a person at an accident scene or someone outrunning a mugger.

### Resistance Stage

Our body actively resists and attempts to cope with the stressor and regain normal balance. The longer we stay in the stage the longer it have ill effects on our health.

### Exhaustion Stage

During the exhaustion phase, immunity and the organ systems begin to breakdown. Disease or even death may occur. Thankfully, the final point of this stage is not reached, our bodies are able to adapt to the stress before we get to this point.