

→ stress - is a normal reaction the body has when changes occur. It can respond to these changes physically, mentally or emotionally.

Stress is the body's reaction to any change that requires an adjustment or response. Stress is a normal part of life. It can be experienced from our environment, body and our thoughts.

Effect of stress on health:

The human body is designed to experience stress and react to it. Stress can be positive, keeping us alert, motivated and ready to avoid danger. Stress becomes negative when a person faces continuous challenges without relief or relaxation between stressors. As a result, the person becomes overworked, and stress related-tension builds.

Symptoms - Dizziness or a general feeling of "being out of it."

- General aches and pains.
- Grinding teeth, clenched jaw
- Headaches
- Indigestion or acid reflux symptoms.
- Increase in or loss of appetite.
- Muscle tension in neck, face or shoulders.
- Problems sleeping.

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- Racing Heart
- Cold and Sweaty palms
- Tiredness, exhaustion
- ~~Feeling~~ Trembling / Shaking
- Weight gain or loss
- Upset stomach, diarrhea
- Sexual Difficulties

→ SOURCES OF STRESS

→ Everyone has different stress triggers. work stress tops the list.

Causes of work stress include:

- Being unhappy in your job
 - Having a heavy work load or too much responsibility.
 - Working long hours
 - Having poor management, unclear expectations of your work, or no say in the decision making process.
 - Working under dangerous conditions.
 - Being insecure about your chance for advancement or risk of termination.
 - Facing discrimination or harassment at work, especially if your company isn't supportive.
- life stresses can also have a big impact. Examples such as -
- The death of a loved one.
 - Divorce

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- loss of a job
- Increase in financial obligations.
- Getting married.
- Moving to a new home.
- Chronic illness or injury.
- Emotional problems (Grief, guilt, anger, low self-esteem, depression etc.).
- Taking care of an elderly or sick family member.
- Traumatic event as natural disaster, theft, rape or violence.

Sometimes the stress comes from inside, rather than outside.

fear and uncertainty - when you regularly hear about the threat of terrorist attacks, global warming, toxic chemicals on the news, it can cause stress. You feel having no control over these events.

Attitudes and perceptions -

Unrealistic expectations - No one is perfect; if you expect to do everything right all the time, you are destined to feel stressed when things don't go as expected.

change - Any major life change can be stressful even a happy event like a job promotion or

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→ wedding. More unpleasant events as a divorce, major financial setback or death in the family can be the significant sources of stress.

Managing your stress can make a real difference to your health. One study showed that women with heart disease lived longer if they underwent a stress management program.