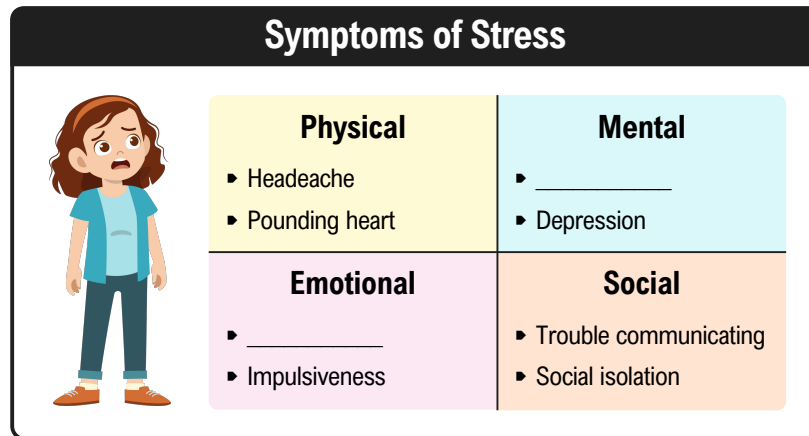


## CONCEPT: WHAT IS STRESS

- ◆ **Stress:** Psychological and physiological response to events perceived as \_\_\_\_\_ or overwhelming.
  - **Stressor:** Any real or perceived event or stimulus that causes the body to \_\_\_\_\_.
- ◆ Stress affects \_\_\_\_\_ dimensions of health.



## EXAMPLE




Which of the following statements is incorrect about stress?

- a) Stress is a response to any event or situation that a person perceives as challenging or overwhelming.
- b) Stress affects a person's emotional health and may cause them to act impulsively.
- c) A person with stress may have a headache and irritable mood.
- d) Stress increases a person's ability to socialize with other people.

## CONCEPT: WHAT IS STRESS

### Types of Stress

◆ Based on our \_\_\_\_\_, there are \_\_\_\_ types of stress:

Types of Stress	
	<p>_____ stress</p> <ul style="list-style-type: none"><li>► Opportunity for personal growth and satisfaction.</li><li>► Can improve health.</li></ul>
	<p>_____ stress</p> <ul style="list-style-type: none"><li>► Caused by events that do not affect us directly.</li><li>► Has minimal effects on health.</li></ul>
	<p>_____ stress</p> <ul style="list-style-type: none"><li>► Triggered by stressors that are difficult to cope.</li><li>► Has adverse affects on health.</li></ul>

◆ In addition, stress can also be *acute* or *chronic* depending on how long it \_\_\_\_\_.

- **Acute:** \_\_\_\_\_-term, intense, less damaging than chronic stress.
- **Chronic:** \_\_\_\_\_-term, affects almost every system of the body.

### EXAMPLE

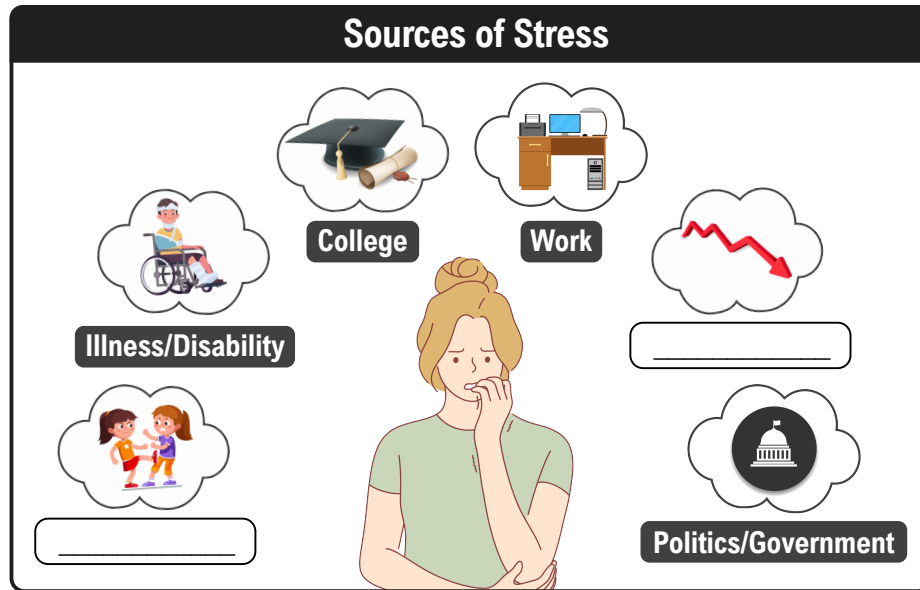
Classify each of the following stressors as eustress (E), neustress (N), or distress (D).

- \_\_\_\_\_ Watching news about a car crash that happened a day ago in another city.
- \_\_\_\_\_ Finding out about the possibility of layoffs in your company.
- \_\_\_\_\_ Upcoming quiz that a student views as an opportunity for better grades.
- \_\_\_\_\_ Hearing about the death of a distant relative of an employee in your company.
- \_\_\_\_\_ Being diagnosed with a chronic health condition.

## CONCEPT: WHAT IS STRESS

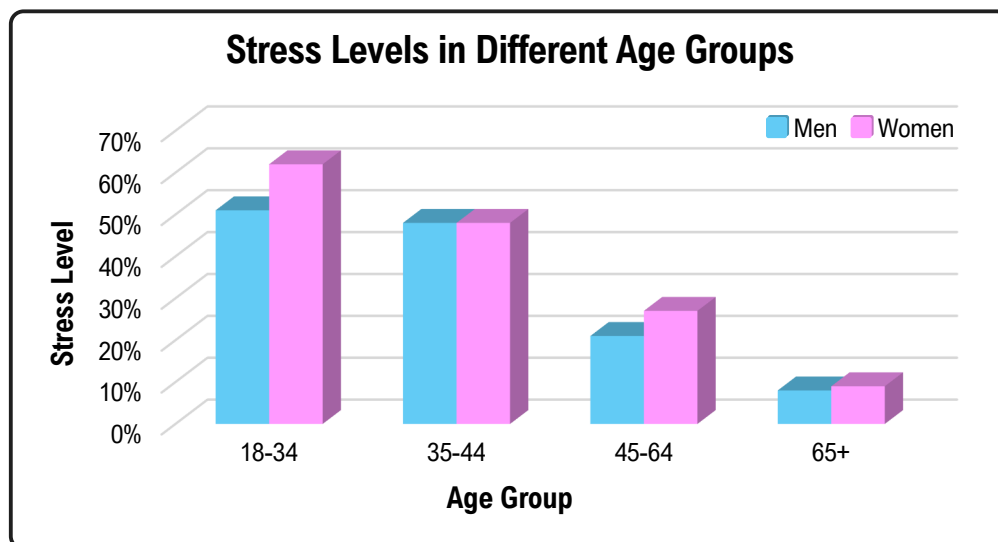
### Sources of Stress

- ◆ Stress comes from various sources ranging from daily activities to major \_\_\_\_\_ changes.
  - Some of the common stressors faced by Americans are:



### Stress in America

- ◆ In 2022 Stress in America survey, > \_\_\_\_% adults said they experienced health impacts of stress [1].
  - Younger adults reported the \_\_\_\_\_ stress levels.
  - Women reported higher stress levels than men.



## **CONCEPT: WHAT IS STRESS**

### **EXAMPLE**

Which of the following is an example of a stressor that can adversely affect an individual's health?

---

- a) A pop quiz that will not affect a student's grades.
- b) Being stranded on a highway for a couple of hours because of your stalled car.
- c) Losing a loved one to cancer.
- d) Being informed by your manager that you're being considered for promotion.

### **PRACTICE**

Henry and his girlfriend were on a cross-country road trip and travelling on I-95. They had a severe car crash which caused injury to Henry's spine and took the life of his girlfriend. It took him more than a year of physical and psychological therapy to be able to work again. Henry's stress can be best described as:

---

- a) Distress
- b) Acute stress
- c) Emotional stress
- d) Chronic stress

### **PRACTICE**

According to the 2022 Stress in America survey, which of the following groups had the highest level of stress?

---

- a) Adults older than 65 years.
- b) Women between the ages of 18 and 34.
- c) Men in the age range of 45-64.
- d) Teenagers aged between 13 and 19.