

# WHAT IS STRESS?

Stress is a psychological and physiological response to perceived challenges or threats characterized by mental or emotional strain from adverse or demanding circumstances

## THE TYPES OF STRESS

### ACUTE STRESS

- **Description:** Short-term reaction to immediate challenges (e.g., traffic jams, presentations).
- **Impact:** Can be beneficial by aiding memory and learning through cortisol release. Frequent or intense acute stress can cause headaches and fatigue.



### CHRONIC STRESS

- **Description:** Prolonged feeling of pressure due to ongoing issues (e.g., financial problems, job dissatisfaction).
- **Impact:** Can lead to serious health issues like hypertension, heart disease, and anxiety. Affects brain structure and immune system.

### EPISODIC STRESS

- **Description:** Frequent episodes of acute stress, often due to high-pressure lifestyles or demanding jobs.
- **Impact:** Leads to elevated heart rate, blood pressure, and glucose levels. Can develop into chronic stress if not managed.



# Guide Definition Of Stress

**Jicheng Xie**



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