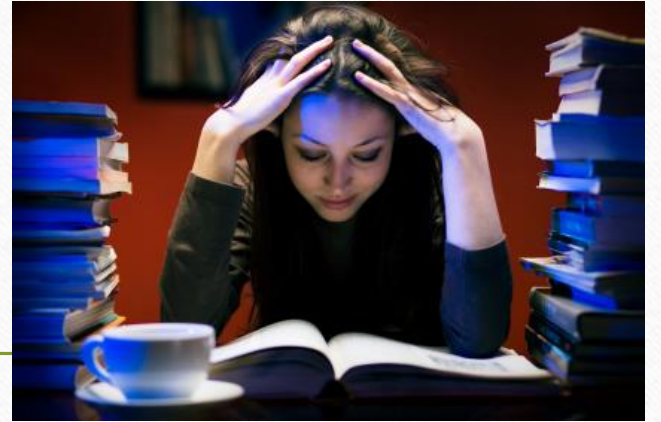


Stress

Michalina Wrońska 2D



What is stress?



- Stress is a feeling that's created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with **focus, strength, stamina, and heightened alertness.**
- Stress is a normal part of life. Many events that happen to you and around you -- and many things that you do yourself -- put stress on your body. You can experience stress from your environment, your body, and your thoughts.

Stress causes



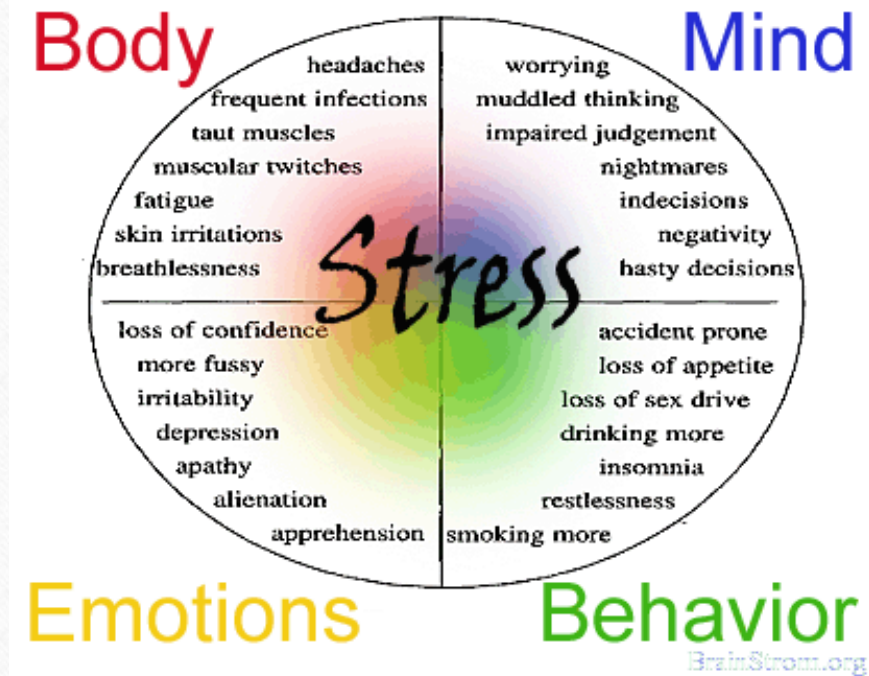
Certain psychological conditions that can evoke stress are:

- loss of control
 - new situations
 - unpredictability
 - a threat to the ego
 - anticipation of negative consequences
 - ambiguous situations
- The events that provoke stress are called **stressors**, and they cover a whole range of situations — everything from outright physical danger to making a class presentation or taking a semester's worth of your toughest subject.

How does the stress affects on our body?

Physical symptoms

- Headaches, dizziness, anxiety, irritability an anger, panic disorders
- Grinding teeth & tension in jaw
- Heart disease
- Upset stomach
- Weight gain & obesity
- Muscle tension



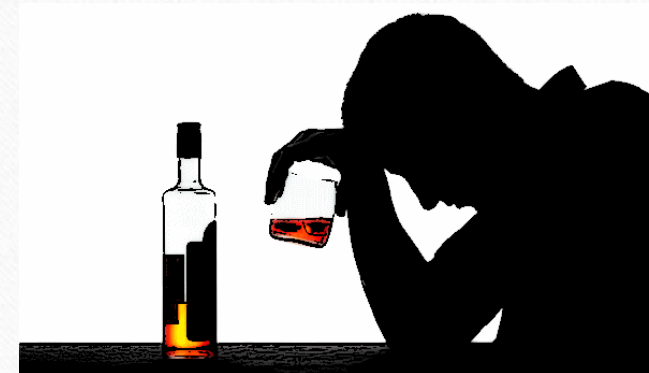
How does the stress affects on our body?

Mental symptoms:

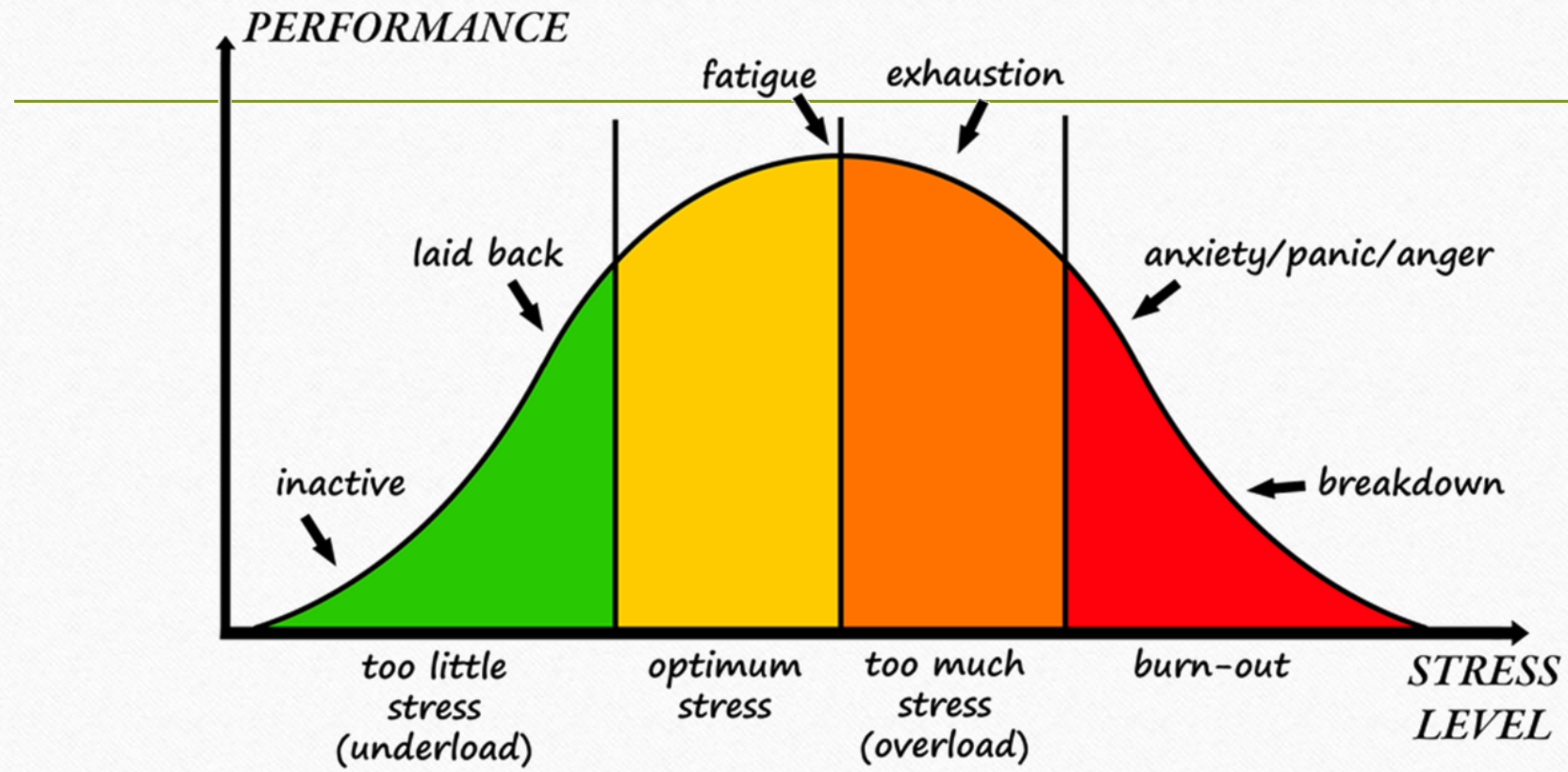
- Worrying
- Hasty decisions
- Muddled thinking
- Depression
- Apathy



- Stress also becomes harmful when people use **alcohol, tobacco, or drugs** to try to relieve their stress. Unfortunately, instead of relieving the stress and returning the body to a relaxed state, **these substances tend to keep the body in a stressed state** and cause more problems.



STRESS CURVE





Bibliography

- http://kidshealth.org/teen/your_mind/emotions/stress.html
- <http://www.healthline.com/health/stress/effects-on-body>
- <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>
- <http://www.webmd.com/balance/stress-management/effects-of-stress-on-your-body>

Thank you for attention
