

Stress Management 101

What is Stress?

Stress is a natural response to a perceived threat or challenge. It is a complex reaction involving the brain, hormones, and the body's systems. Stress can be both good and bad, depending on the situation and the individual's ability to cope with it.



Types of Stress

Acute Stress: This is the most common type of stress, characterized by a short duration and a quick onset. It is often triggered by a specific event or situation.

Chronic Stress: This type of stress is long-lasting and can be caused by ongoing situations or events. It can have a significant impact on a person's health and well-being.

Distress: This is a negative form of stress that occurs when a person is unable to cope with a situation. It can lead to feelings of anxiety, depression, and other mental health issues.

Solving Lives Problems

Xiaolong Qi



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