

Positive Stress

Results in brief increases in heart rate and stress hormones. Experiencing positive stress is part of healthy development.

Tolerable Stress

Results in temporary and intense stress responses that is buffered by supportive relationships.

Toxic Stress

Results in prolonged activation of the body's stress response to frequent and/or intense experiences, without sufficient relationships to buffer the stressor.

Stress A New Positive Approach

Rosina Ehmann



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