Stress: The brain's response to any demand

How does stress affect the body? NOT ALL STRESS is bad.

Fight or Flight Response:
When faced with a challenge or a threat, your body activates resources to protect you - to either get away as fast as you can, or fight

Three Types of Stress:
1. Routine stress: pressures of work, family & other daily responsibilities
2. Stress brought about by a sudden negative change, such as losing a job, divorce, or illness
3. Traumatic stress, experienced in an event like a major accident, war, assault, or a natural disaster

Learn how to manage Stress:
- ENGAGE SOCIALLY: the simple act of talking face to face can release hormones that reduce stress even if you’re still unable to alter the stressful situation
- GET MOVING: Physical activity plays a key role in managing stress!
