

WHAT IS STRESS?

Stress is the body's response to a pressure, where it could be physical or emotional response. This stress causes whenever a stressor triggers you which includes: your work, studies, money, relationship, and many more things that gives threat to a person. The automatic psychological way of responding to any physical and psychological threat. It can be positive and negative depending on one's capacity to handle stressors. The connection between your mind and body is apparent when you examine the impact stress has on your life. These are the things that should be reminded when it comes to stress:

- **Types of stressors**

1. **Physical Stressors**- May come in the form of pollution, a congested place, or a high level of noise.

- May cause fatigue, pain, shock, trauma, and other

Physiological conditions in our bodies.

2. **Mental stressors**- Situations that call for sustained mental effort.

- Include academic overload, reviewing for exams, running after deadlines.

3. **Economic stressors**- May involve one's socioeconomic condition.

- Limited financial resources to meet our essential needs in life.

4. **Social, Emotional, and Psychological stressors**- Conflicts and disappointments leading to feelings of

frustration, tension, anxiety, and even anger or depression.

5. **Spiritual stressors**- Involve loss of joy and peace or disturbance of tranquility.

- **How to control stress**

In order to control your stress, you should first do exercise regularly in able to make time for your hobbies and to relax your muscles, eat well for your body to have the nutrients needed, and always take a break to meditate and realize all the things that gives you stress and to lessen your problems.

- **Effects of stress**

- The effect of stress cannot be easily felt except in cases of trauma where the incident. It happens quickly and intensely such as a car accident or parental separation.

Stressors that happen almost every day take time before they finally take a toll on our health. Sometimes we get used to it that we simply ignore the signs of stress.

1. Headache
2. High blood pressure
3. Chest pain
4. Heavy breathing
5. Panic attack
6. Anxiety
7. Problem in sleep

- **How chronic stress can affect your health**

1. Heart disease
2. Hair loss
3. Headache
4. Weight gain

- **Common signs of Stress**

1. Mood changes
2. Feeling anxious
3. Low energy
4. Muscle tension
5. Racing heartbeat
6. Trembling

- In identifying stress, it is never easy to recognize, but there are ways to identify some signs that you are experiencing pressures. In example: When the upcoming examination gives you anxiety and hardships, it could be a stress already.

- **The four signs of stress**

1. Psychological signs- includes the difficulty in breathing, chest pain, and muscle tension.
2. Emotional signs- includes being angry, irritated, moody, and frustrated.
3. Physical signs- includes the high blood pressure and changes in weight.
4. Behavioral signs- includes the social withdrawal and angry outburst.

✓ **Problem and emotional coping behavior for stress**

PROBLEM-BASED COPING SKILL

- It deals with the stressors directly in practical ways. It Control of the situation by removing the source of stress or reducing the effect of stress. Getting enough information or research on the nature of their problem to better understand the cause of the stress. The alternative to use when the problem can be solved.

1. Researching.
2. Talking with anyone about their opinion or with the person concerned.
3. Strategizing.

EMOTION-BASED COPING SKILL

- Attempts to reduce negative emotional responses associated with stress. Used when a person cannot deal with the source of the problem or when the circumstances are out of control.

1. Eating more or eating less.
2. Sleeping more or less.
3. Crying.
4. Shouting.

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