

## **STRESS FACTS**

1. Stress is your body's response to pressure.
2. Stress is both positive (eustress) and negative (distress).
3. Stress is cumulative.
4. Stress is highly individualistic.
5. Stress is triggered by physical and/or mental stimuli.
6. Stress affects everyone.
7. Stress is a killer.
8. Events are not stressful – It is our perception of them that causes stress.
9. Stress is not reality – stress is the result of your mind's reaction to the reality of the world around you.
10. Some stress cancels itself out (i.e.: a poor organization and confused role definition may not be a problem because of an incompetent boss).
11. Stress is “stupid”: the body acts the same way to being told that you have just been promoted and being told that your mother has just died.
12. Stress plays a negative role in a wide range of diseases, even such seemingly unrelated things as arthritis and cancer.
13. The problem here is that stresses acts as aggravation to other problems and even brings incipient problems out into the open.
14. Widows and widowers experience a great deal of illness in the first year after their loss. A person living alone is more likely to have illnesses than a person living in a family.
15. Some people are stress carriers – they usually keep others off balance, in the dark and on the defensive (“negative energy”).
16. Negative stress usually results from fear, anxiety, worry or frustration caused by things over which we have no control (or believe we do not control). “I wonder if X is going to happen?” or “What if....?”
17. We have more control over stress than we think we do.
18. Stress is necessary for growth and development.
19. Proper amounts of stress result in peak performance.
20. Stress acts to suppress the immune system.