

Stall Notes

What is stress?

Stress can be defined as anything that disturbs a person's homeostasis, or makes them worry.

What causes stress?

Anything, no matter how small can potentially cause a person stress depending upon how it is perceived.

Is stress bad for you?

There are two types of stress, eustress and distress. Eustress is positive stress, like going on a date. Distress is negative stress like failing a midterm.

A certain level of stress is necessary, positive stress helps to improve self esteem and competence as well as ward off boredom. Too much stress however, can harm your health.

What can too much stress lead to?

Hypertension, migraine headaches, ulcers, anxiety, allergies, asthma, cancer, and cardiovascular diseases. Stress can even make you more susceptible to colds and tooth decay.

What are some ways to combat stress?

You can combat stress by exercising, talking to someone, eating healthy, getting more sleep, laughing, being optimistic, relaxing, and learning to better manage your time.

For more information on stress, or someone to talk to contact the University Counseling Center at 783-2123.

Information from: www.moreheadstate.edu/leo and *Core Concepts in Health* by Paul Insel and Walton Roth.

Did You Know?

In a recent study in *Men's Health Magazine* it was reported that over 75-90% of visits to physicians are stress related.

Job stress is a major health factor causing businesses an estimated \$150 billion annually.

It has been estimated that 50 percent of all diseases in the United States have a stress related origin.