Difference Between Physical Stress and Psychological Stress, and the Long Term Negative Effects On the Body

Answer Each Questions with At Least Two Sentences

https://www.psychologytoday.com/us/basics/stress

1. What is “stress” generally referring to?
2. What is the difference between a psychological response and a physical response?
3. What does the perception of danger set off?
4. What happens in your body when a stressful event occurs?
5. Can the stress response be life saving, and how long was it meant to last?
6. How long can a person stay in a “stressed” state do you believe, days, weeks, months, years? Explain Your Answer, Three Sentences.
7. What has been shown over the last few decades?
8. What do researchers believe the best way to handle modern stress is?
9. What is the difference in perception between “demanding” and “dire?”
10. What are some things that increase a person’s stress level in their day to day environment?