Do Now

• When was a moment when you knew your body was stressed? Is being stress, your body specifically, always a bad thing? Why or Why Not?
Physical and Psychological Stress

Write *Everything in Purple*
What is Stress?

• Your body’s reaction to harmful situations
• Technically it is your body’s reaction to perceived harmful situations.
• This creates a “fight or flight” response
• Which causes specific physical symptoms
Fight or Flight

- Doesn’t matter if there is physical danger present
- Your heart rate goes up
- Blood pressure rises
- Stomach and intestines either empty or shut down
- This is during the moments when adrenaline is pumped into your body

Stand your ground, defend your position, attack, dig in, persevere!
Give way, retreat, discard, remove yourself, give up, move on.
This Is All Psychological However

- The concept of “fight or flight” happens in your mind.
- The stressors that create it, short you running across an actual bear, happen within your natural surroundings.
- You being exceptionally stressed about school can, and likely has, caused this response to trigger.
Physical Stress

• This is simple exercise
• Or perhaps your job requires you to put in more work with your body
• Perhaps your body is fighting off a cold
• Perhaps you’re lifting weights
• Perhaps you haven’t eaten in a couple day
• Anything that puts YOUR BODY under stress
Why does the difference matter?

• Mainly because psychological stress can lead to physical symptoms

• It is exceptionally difficult for physical stress to lead to psychological symptoms, but even then that causes physical symptoms again
Chronic Stress

- Stress that lasts, days, weeks, months, perhaps even years.
- Triggered by anything
- The list of symptoms, and negative effects is almost too long to count
- At the very least one is looking at losing up to ten years off their life possibly