

WHAT IS STRESS?



STRESS is the body's response to outside demands and pressures.

Your body responds to stress in *physical* and *emotional* ways. This is because the brain releases hormones into your body, which...

- Increases your heart rate and blood pressure
- Speeds up your breathing
- Increases sweating
- Boosts your energy level

Low to moderate stress is normal. However, **extreme stress** can be dangerous and have **long-term health consequences**.

WHAT CAUSES STRESS?

In a 2007 “Stress in America” survey, **3/4** of Americans said that **MONEY** and **WORK** were the two biggest causes of stress.

Other stressors include...

Personal health and safety
Relationships with family or friends
Caring for children and/or parents

Women experience **high stress levels** more than men. This is most likely due to balancing responsibilities at work and at home.

