

Stress – What is it?

We all know what it is like to feel stressed, we've all said it or heard other people say it but what exactly is it?

What do you think stress is?

When talking about stress it may be **situations or events that put pressure on us**. Times where we have lots to do and think about, or have little control over what happens.

It could be our **reaction to being placed under pressure**. The feelings we get when we have demands placed upon us that we find difficult to cope with.

List a couple of examples where you have felt stressed.

1.

2.

How did you feel at this time?

It is tough to define stress; professionals often disagree over whether stress is the cause of problems or the result of them. This makes it difficult to identify the causes to why you feel stress & how to deal with them, but whatever your personal definition is of stress, you can learn to manage stress better in various ways:

Managing external pressures – So stressful situations do not seem to happen to you quite so often.

Developing your emotional resilience – The feeling we get when we have demands placed on us that we find difficult to cope with.

How can I manage external pressures?

Being under pressure is a normal part of life, there will be things that will happen in your life that you cannot control. Pressure can be a useful drive that helps you take action; and feel more energised.

However, if you feel overwhelmed by stress & feelings become a problem there are still lots of practical things you can do to help manage the level of pressure on yourself.