

Article 3: **Stress Management – Don't Let it Get to You!**

Are you under stress right now?

Do you feel stress in your daily life? Although you may not notice it, stress is always there.

What is stress? Scientifically speaking, it is simply the body's response to any event. This may result in faster breathing, faster heart rate and increased blood pressure. Muscles can become tense.

Something that creates stress is called **stressor**. In general, any event in our life can be a stressor. Somebody's death, divorce, separation from partners, major injuries or illnesses and being fired at work are all examples of negative events that are great stressors. Not only that, even positive events like marriage, pregnancy and outstanding personal achievement can be stressors too. Stress in itself is not so dangerous, but rather the danger is in how you respond to stressful situations, be they positive or negative. That's the reason we need to learn effective ways **to cope with stress**.

Let's Talk !

1. Who suffers from the most stress, in your opinion?
2. Who handle stress better, in general men or women?
3. How do you deal with stressful situations?
4. What are some of the ways to cope with stress?