

Definition

The word **stress** is derived from the Latin word "stringi", which means, "to be drawn tight". Stress can be defined as follows. In medical terms stress is described as, "*a physical or psychological stimulus that can produce mental tension or physiological reactions that may lead to illness.*" When you are under stress, your adrenal gland releases corticosteroids, which are converted to cortisol in the blood stream. Cortisol has an immune suppressive effect in your body.

Another definition of stress according to Richard S Lazarus, stress is a feeling experienced when a person thinks that "*the demands exceed the personal and social resources the individual is able to mobilize.*" Your body tries to adjust to different circumstances or continually changing environment around you. In this process, the body is put to extra work resulting in "wear and tear". In other words, your body is stressed. Stress disturbs the body's normal way of functioning. - <http://www.fatfreekitchen.com/stress/>

Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response. Stress can come from any situation or thought that makes you feel frustrated, angry, nervous, or anxious. Stress is caused by an existing stress-causing factor or "stressor." For most individuals, stress is something that is negative and unpleasant. What most people think of when they hear the word "stress" is actually **distress**. Distress is a negative emotion that most people generally try to avoid. - http://cmhc.utexas.edu/stressrecess/Level_One/whatis.html

Identifying the issue

Many different things can cause stress, such as how we feel stress doing some hard and long-term work like writing an essay or doing the housework. Probably you do not do it every day, but when you bother with it can cause stress. If we turn to Marxist works we can see that he said that work is a variety of alienation and stress is an exit from what is important in life that is why in any way we are aliens from our life. People who try to generate more income for the family due to their work often feel stress and become alien not only to the society, but for their family as well.

Read more at http://www.articlealley.com/article_220994_22.html?ktrack=kcplink

Tips for preventing stress

Stress cannot be avoided in our lives, it is a part of our daily lives. What matters is what we do when we get stressed. If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it's helpful to think of the four As: avoid, alter, adapt, or accept.

Since everyone has a unique response to stress, there is no "one size fits all" solution to managing it. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control.

Here are some way which can help you avoid stress healthily:

Change the situation:

- Avoid the stressor.
- Alter the stressor.

Change your reaction:

- Adapt to the stressor.
- Accept the stressor.

http://helpguide.org/mental/stress_management_relief_coping.htm