Stress is a psychological and physical tension generated by physical, emotional, social, economic or occupational circumstances, events or experiences that are difficult to manage. Something we all experience, some more than others.

**Stress Responses**

- **Acute Stress**: most common response to an immediate threat (exams, deadlines).

- **Eustress**: positive stress/beneficial to provide motivation.

- **Chronic Stress**: persist over long periods of time (caused by poverty, persistent relationship problems) / no escape from a never ending situation.

**Lifestyle** - many of the physical and psychological effects are compounded by changes in lifestyle as an individual tries to cope with stress.

**Psychological** - individual feels isolated and low self-esteem > anxiety and depression.

**Physical** - the body's response to stress can cause a range of physical effects as a result of the overarousal of the body's system (increased blood pressure / sweaty palms).

**Muscular problems**, tension headaches, stomach problems (acid stomach)

- Acute and chronic stress = long-term effect of leading to physical illness / damages the immune system / vulnerable to coronary heart disease.

**Lazarus and Folkman (1984)**: transactional model of stress

- Stress seen as an interaction between the person and the environment - when a stressor is experienced a person makes a judgement as to whether they have the resources available to cope with the situation.

**Selwyn (1936)** research on rats: general physical response to stress involves the activation of the nervous system to release hormones such as cortisol and adrenaline.