

strength to combat stress. You could give up or believe that your position is hopeless. Exhaustion symptoms include:

- fatigue
- burnout
- depression
- anxiety
- decreased stress tolerance

This stage's physical impacts weaken your immune system and put you at risk for stress-related disorders.

When Does General Adaptation Syndrome Occur

GAS can occur with any type of stress. Stressful events can include:

- a job loss
- medical problems
- financial troubles
- family breakdown
- trauma

However, while stress is unpleasant, GAS enhances how your body responds to stimuli, particularly in the alarm stage.

The fight-or-flight reaction that happens during the alarm stage is designed to keep you safe. A greater hormone level during this period is advantageous to you. It offers you more energy and boosts your concentration, allowing you to concentrate and deal with the problem. The alarm stage is not detrimental when stress is short-term or short-lived.

This is not the case with chronic stress. The longer you live with stress, the worse it is for your health. You also don't want to stay in the resistance stage for too long, as this might lead to exhaustion. Prolonged stress increases the risk of persistent high blood pressure, stroke, heart disease, and depression after you reach the exhaustion stage. You are also more susceptible to infections and cancer owing to a weakened immune system.