**INTRODUCTION**

* Stress has been defined in many different ways over the years. The word stress is derived from English word. Originally it was used in physics and it’s means external pressure, tension.
* The term stress was introduced in medicine in 1949 by Canadian endocrinologist Hans Selye.
* To him stress is described as the body’s adjustment to a new circumstance and nonspecific response to environmental stimuli.

**Reasons for stress/ Stress**

1. HELATH
2. WORK
3. HOME AND FAMILY
4. PERSONAL AND SOCIAL
5. FINANCIAL

**Physical Stressors**

1. Extreme temperatures (hot/cold)
2. Noise pollution
3. Illness or injury
4. Lack of sleep
5. Poor nutrition

**Psychological Stressors**

1. Anxiety and fear
2. Negative self-talk
3. Perfectionism
4. Uncertainty about the future
5. Low self-esteem

**Social Stressors**

Relationship conflicts

Peer pressure

Loneliness

Workplace stress

Academic pressure

**Environmental Stressors**

Natural disasters

Traffic and pollution

Unsafe living conditions

Overcrowding

* **Financial Stressors**

Debt and financial insecurity

Job loss or instability

Sudden expenses

* **Major Life Changes**

Marriage or divorce

Loss of a loved one

Moving to a new place

Changing jobs or schools

**Physiological Effects of Stress**

1. Nervous System Response

* The hypothalamus activates the sympathetic nervous system (fight-or-flight response).
* Adrenal glands release stress hormones like adrenaline and cortisol.
* The parasympathetic nervous system (rest-and-digest) is suppressed, leading to prolonged arousal and tension.
* Effects:

1. Increased alertness
2. Faster reaction time
3. Chronic activation leads to anxiety, headaches, and sleep disturbances.