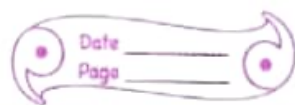Dr. Yasmeen Kausar

Stress

While waiting to cross the road on a busy road morning, we may temporarily stressed. But, because we are alert, vigilant and aware of the danger, we are able to cross the road safely. Faced with many challenge, we put in additional efforts and mobilise all our resources and the support system to meet the challenges, problems, and difficult circumstances put us to Stress.

Thus, if handled properly, stress increses the probability of one's survival. Stress is like electricity. It gives energy, increases human arousal and affects performance. However, if the electric current is too high, it can fuse bulbs, damage appliances etc. High stress too can produce

unpleasant effects and cause our performance to deteriorate. Conversely, too little stress may cause one to feel somewhat listless and low on motivation which may lead us to perform slowly and less efficiently. It is important to remember that not all stress is inherently bad or destructive. 'Eustress' is the term used to describe the level of stress that is good for you and is one of a person's best assets for achieving peak performance and managing minor crises. Eustress, however, has less the potential of turning into 'distress'. It is this latter manifestation of stress that causes our body's wear and tear, Thus, stress can cause be described as the pattern of responses an organism makes to stimulus. event that disturbs the equilibruim and exceeds a

person's ability to cope.

Stress is how we react when we feel under pressure or threatened. It is usually happenes when we are in a situation that we don't feel we can manage or control. When we experience stress, it can be as: An individual for example when we have lots of responsibilities that we are struggling to manage. If we are stressed, we might feel: Irritable, angry, impatient or wound up. Over burdened or overwhelmed.