


Mental Health Month

Acute vs. Chronic Stress


Understand your experience...

Do you know what type of stress causes you the most problems?

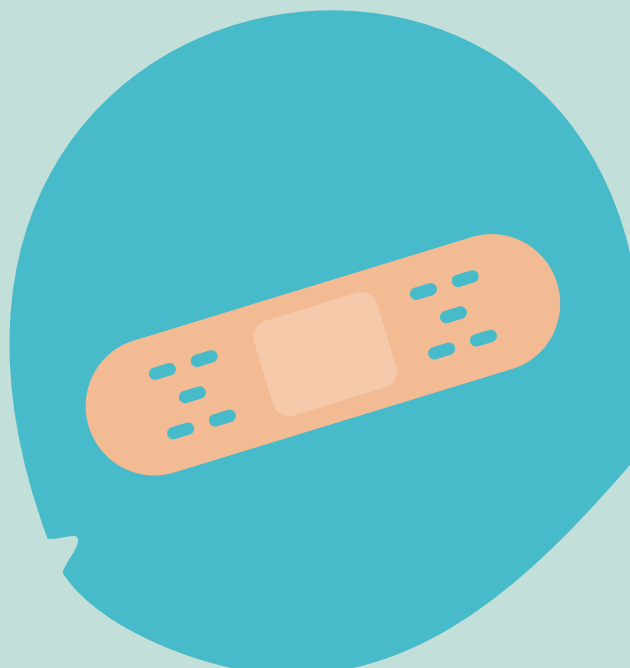
Stress



Chronic stress is the everyday, run of the mill, work, kids, school, bills, project stress that fuels life tension.



Acute stress represents an individual event or situation that triggers a physiological response (fight or flight) and can send us spiraling out of control.



We have two main coping methods when stress is triggered: the negative and positive stress cycles. One is better than the other. Can you guess which?



FOR SALE



The positive stress cycle diagram below illustrates how we can avoid our conditioned response to stress.



Positive Stress Cycle



A driver cuts you off on the highway. Everyone's safe but your stress, anger and frustration instantly spike. However, you've learned how to control stress. You breathe deeply, empathize that maybe there's an emergency situation or someone made a mistake. You control only you; the stress subsides quickly and you are healthier and happier as a result!

This "Tip of the Week" teaches how the **POSITIVE** stress cycle helps us manage our difficult situations. Stay tuned for more information on stress management and mental health awareness.

