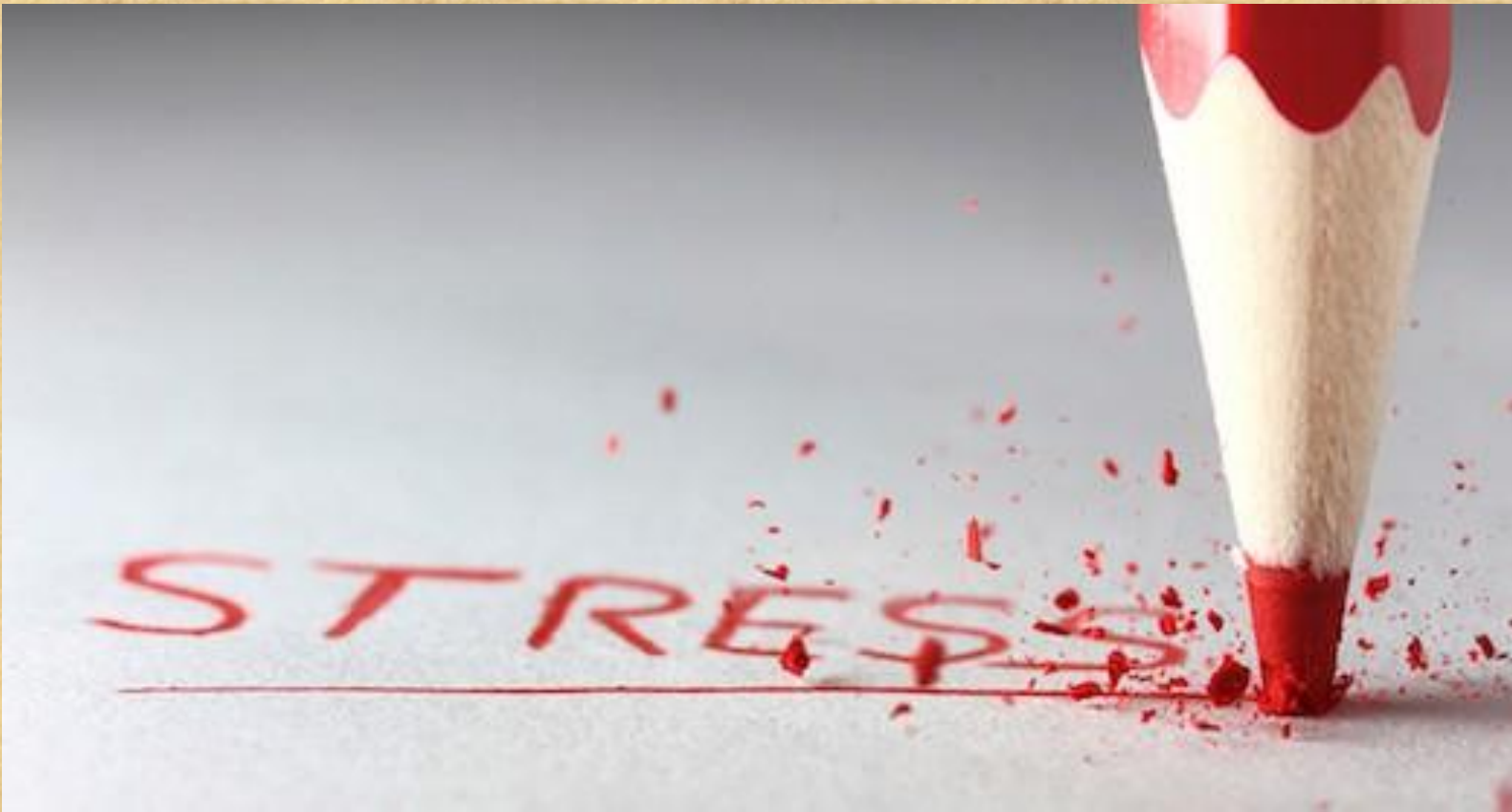




Stress is a human condition that occurs as a reaction to any event that is difficult for a person to cope with.



Stress can be categorized into:

- Positive and negative - according to the degree of emotional coloring.
- Short-term and long-term (or acute and chronic) - by duration.
- Physiological and psychological – it is subdivided into informational and emotional due to their occurrence.



Canadian scientist G. Selye identified three stages of stress development:

- 1. Anxiety reaction which expressed in the mobilization of all the resources of the body.
- 2. The stage of resistance, when the body manages (due to the previous mobilization) to successfully cope with harmful influences. During this period, increased stress resistance may be observed. If the action of harmful factors cannot be eliminated and overcome for a long time, the next stage begins.
- 3. Stage of exhaustion. The adaptive capabilities of the body are reduced. During this period, he is less resistant to new hazards, the danger of diseases increases. The onset of the third stage is optional.



- By reducing stress levels, we reduce the risk of many diseases, including the cardiovascular, nervous system and many others. Stress hormones constricts blood vessels, inhibit the production of endorphins (natural pain relievers) and reduce immunity.



- Doctors often prescribe antidepressants to patients, but I think the best stress cure is cats!