What Causes Stress!!

Many different things can

cause stress…

1- *Survival Stress*

2- *Internal Stress*

3- *Environmental Stress*

4- *Fatigue and Overwork*

What is Stress?

Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel **stressed** by something

Stress

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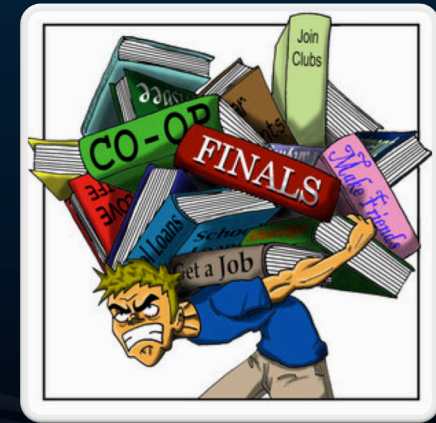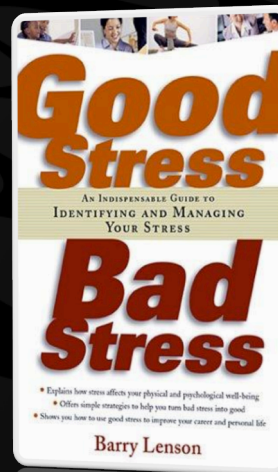
Stress are Good or Bad

Good stress also exists, but we're generally focusing on negative effects of stress, as that is what causes us problems.

Examples of good stress are physical exercise, mental challenges, emotional elation, and spiritual fulfillment.

Unfortunately, when we speak about modern day stress, we are usually referring to the bad kind of stress that makes the quality of our lives worse.

Why does bad stress happen? If we lose

sight of our priorities in life, if we

neglect our physical bodies, if we

recklessly push beyond our limitations,

if we close our hearts and minds in

fear, if we are greedy or inconsiderate,

if we are conflicted within - these things

lead to bad stress.