**Types of stress:**

* Acute stress
* Episodic acute stress
* Chronic stress

# **Acute Stress:**

Acute stress is most often caused by reactive thinking. Negative thoughts predominate about situations or events that have recently occurred, or upcoming situations, events, or demands in the near future.

For example, if you have recently been involved in an argument, you may have acute stress related to negative thoughts that are repetitive about the argument. Or you may have acute stress that is about an upcoming work deadline, again the stress is thought induced. However, most often when the thinking induced stress is reduced or removed the stress will subside too.

## **Symptoms:**

* **Transient Emotional distress** - some combination of anger or irritability, anxiety and [depression](https://spacioustherapy.com/how-do-i-know-if-i-am-depressed/).
* **Transient Muscular distress** - tension, headache, back pain, neck pain, jaw pain, and other muscular tensions that lead to pulled muscles and tendons and ligament problems.
* **Transient stomach** - gut and bowel problems, heartburn, acid stomach, flatulence, diarrhea, constipation.
* **Transient hyper-arousal** - elevated blood pressure, rapid heartbeat, rapid pulse, sweaty palms, heart palpitations, dizziness, migraine headaches, cold hands or feet, shortness of breath, sleep problems, and chest pain.

# **Episodic Acute Stress:**

People who frequently experience acute stress, or whose lives present with frequent triggers of stress, have episodic acute stress.

The individuals who frequently suffer acute stress often live a life of chaos and crisis. They are always in a rush or feel pressured. They take on many responsibilities, and usually cannot stay organized with so many time demands. These individuals are perpetually in the grips of acute stress overload.

## **Symptoms:**

The most common signs + symptoms are similar to acute stress, but due to the extended frequent over arousal or extended hyper-arousal there is ongoing damage and suffering.

* **Emotional distress** - anger or irritability, anxiety and depression, short-tempered, impatient, tense.
* **Cognitive distress** - compromised attention/concentration, compromised processing speed, compromised new learning and new learning memory consolidation and retrieval, and mental fatigue.
* **Interpersonal relationships deteriorate** - The workplace becomes a very stressful place for them.
* **Muscular distress** - tension, headache, back pain, jaw pain, pulled muscles, tendons, and ligament problems.
* Stomach, gut, bowel problems, heartburn, acid stomach, flatulence, diarrhea, constipation, irritable bowel syndrome (IBS).
* High blood pressure, rapid heartbeat, sweaty palms, heart palpitations, dizziness, migraine headaches, cold hands or feet, shortness of breath, insomnia, chest pain, and [heart disease](https://academic.oup.com/eurheartj/article/34/34/2697/617400).
* Immune System Compromise: frequent colds/flu, allergies, asthma, and other immune system compromise illnesses.

## **Treatment:**

Episodic acute stress requires intervention on a many levels. The treatment requires professional help spanning many months.

These individuals can be very resistant to change their behaviors and thinking patterns. It is common for these individuals to only seek psychological treatment when physical pains and discomforts become too much.

# **Chronic Stress:**

Chronic stress is the most harmful type of stress. If chronic stress is left untreated over a long period of time, it can significantly and often irreversibly damage your physical health and deteriorate your mental health.

For example, long term poverty, repeated abuse in any form, unemployment, dysfunctional family, poor work environment, substance abuse, or an unhappy marriage can cause significant chronic stress. Chronic stress can also set in when an individual feels hopeless, does not see an escape from the cause of stress, and gives up on seeking solutions. Chronic stress can be caused by the [aversive experiences in childhood](https://www.cdc.gov/violenceprevention/acestudy/about.html) or traumatic experiences later in life.

## **Effects:**

Chronic stress is grinding stress.  It wears people away day after day, year after year. Chronic stress destroys lives, bodies, and minds. It wreaks havoc through long-term attrition. It is the stress of poverty, dysfunctional families, violence, abuse, trauma, despised job, ethnic rivalry, war.

## **Treatment:**

When a person never sees a way out of a miserable situation, feels anxiety of unrelenting demands and pressures for seemingly interminable periods of time. With no hope, the individual gives up searching for solutions.

Chronic stress kills through suicide, violence, homicide, heart attack, stroke and, perhaps, even cancer. People wear down to a final, fatal breakdown. Their physical and mental resources are depleted through long-term attrition. **The signs and symptoms of chronic stress are difficult to treat, but not impossible to treat.**

**Causes of Stress**

Like all other disease stress also has some causes. Causes of Stress can differ from person to person. According to surveys, stress related to work contributes the highest percentage. In the Pakistan, 40% workers admit to have stress caused due to their work and 25% blame work as the biggest cause of stress in their lives.

**For most of the people it can be**

* The death of a loved one
* Facing big changes in life
* Break up
* Divorce
* Loss of a job
* Under a lot of pressure
* Business loss
* Parents Pressure
* Carrier tension
* Lack of Confidence
* Insufficient resources to manage a family
* Disaster like earthquake, Flood or War
* Always having negative thought

**Students** like us commonly experience stress because of increased responsibilities, a lack of good time management, changes in eating and sleeping habits, and not taking enough breaks for self-care.

**Symptoms**

Stress should be treated like a normal disease. Like all other disease it has some symptoms which not only effects your mental health but also your physical health. There are many symptoms of stress but here I am going to talk about a few of them.

1. **Emotional Symptoms**

Stress do have effect on your brain and mental health. A person dealing with stress may have these symptoms

* Becoming easily frustrated, angry, and moody
* Having a hard time relaxing and quieting your mind
* Feeling bad about yourself (low self-esteem), and feeling lonely, worthless, and depressed
* Avoiding others
* Being quiet and not talking to anyone about your problems
* Trouble in sleeping or sleeping too much
* Keep forgetting about anything

1. **Physical Symptoms**

Stress do have effect on your physical body health. It can cause:

* Difficulty in breathing.
* Blurred eyesight or sore eyes.
* Sleep problems.
* Muscle aches and headaches.
* Chest pains and high blood pressure.
* Indigestion or heartburn.
* Headache and Dizziness
* High Blood pressure
* Organs Malfunction

1. **Mental Symptoms**

* Depression or anxiety
* Feeling unmotivated(low self-esteem)
* Making bad decisions
* Panic attacks

A high standard of education is not provided in Pakistan but the competition to achieve high marks has been made an essential factor by society. Mental stress for student starts from school and go on until end of life. There are multiple cases of suicide has been reported because they are forced to get high marks. Some students were found to repeat multiple subjects to secure more marks.

At the last I would love to give you an example of stress through an event which has happened recently. The death of Islamic Scholar Dr. Amir Liaqat. The reports are not confirmed because his family refused to the autopsy but we all know the recently he has been going through some stressful conditions. Stress is not a thing to not be taken seriously. May his soul rest in peace.