



EQUIPPED

# WHAT IS STRESS?

Everyone experiences stress. Stress is a normal reaction to the demands of life.



People may feel stressed when the demands of the situation feel greater than the resources to cope with the situation. Depending on the severity, stress can feel like hardship, adversity, or affliction that impacts individual's sense of well-being. This means something going on in your life that impacts how you might be feeling or your overall well-being.

What causes stress is a unique experience and stress is perceived differently by everyone.

**True or False?** Most stress is not harmful.