

AI-00700 Under Pressure vs Stress

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Explain and deep dive on the psychology of being under pressure? What is the formal psychology term for under pressure? List 20 examples of humans being under pressure.

The formal psychology term for being under pressure is "stress." It is a physiological and psychological response to a perceived threat or demand. Under pressure, the body releases stress hormones like cortisol, triggering the "fight or flight" response.

Examples of humans under pressure:

1. Job interviews
2. Exams or tests
3. Public speaking
4. Deadline-driven work
5. Financial difficulties
6. Critical decision-making moments
7. Sports competitions
8. Medical emergencies
9. Conflict resolution situations
10. Performing on stage
11. Parenting challenges
12. Negotiating deals

13. Military operations
14. Emergency response situations
15. Driving tests
16. High-stakes presentations
17. Relationship crises
18. Competitive job environments
19. Athletic performances
20. Facing unexpected adversity

List 20 human unexpected adversities

1. Sudden job loss
2. Health emergencies
3. Natural disasters
4. Car accidents
5. Unexpected legal issues
6. Family crises
7. Technological failures (e.g., computer crashes)
8. Robbery or burglary
9. Identity theft
10. Sudden loss of a loved one
11. Political instability
12. Accidental injuries
13. Unforeseen financial setbacks
14. Betrayal by a trusted friend
15. Personal or professional reputation damage
16. Serious illness or diagnosis
17. Unexpected relationship breakdowns

18. Environmental crises (e.g., pollution, climate-related issues)
19. Unplanned major expenses
20. Random acts of violence or terrorism