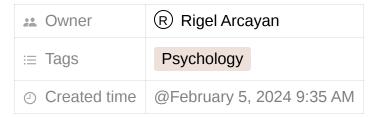
## Al-00700 Under Pressure vs Stress



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

AI-00700 Under Pressure vs Stress

- 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 disastersi
- 4. Car accidents
- 5. Unexpected legal issues
- 6. Family crises
- 7. Technological failures (e.g., computer crashes)
- 8. Robbery or burglary
- 9. Identity theft I
- 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

AI-00700 Under Pressure vs Stress

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

AI-00700 Under Pressure vs Stress