

• **Stressors** are the environmental factors that cause stress. They can be physical, chemical, or biological. Examples include noise, pollution, and overcrowding.

• **Stressors** can be **acute** (short-term) or **chronic** (long-term). Acute stressors are usually caused by a specific event, such as a car accident or a job interview. Chronic stressors are ongoing and can be caused by factors such as poverty, illness, or a stressful job.

• **Stressors** can have a **direct** or **indirect** effect on stress. Direct stressors are those that immediately cause stress, such as a loud noise. Indirect stressors are those that cause stress through a series of events, such as a car accident leading to a lawsuit.

• **Stressors** can be **controllable** or **uncontrollable**. Controllable stressors are those that a person can do something about, such as a stressful job. Uncontrollable stressors are those that a person cannot do anything about, such as a natural disaster.

• **Stressors** can have a **positive** or **negative** effect on stress. Positive stressors are those that cause stress in a way that is helpful, such as a challenging job. Negative stressors are those that cause stress in a way that is harmful, such as a stressful job.