Psychological stress

A man expressing stress

Specialty	Psychology, occupational medicine
Symptoms	Anxiety, worry, paranoia, anger, burnout, compassion fatigue, sleep disturbances, hypervigilance, impatience, derealization, dissociation, changes in volition

In psychology, **stress** is a feeling of emotional strain and pressure.[1] Stress is a form of psychological and mental discomfort. Small amounts of stress may be beneficial, as it can improve athletic performance, motivation and reaction to the environment. Excessive amounts of stress, however, can increase the risk of strokes, heart attacks, ulcers, and mental illnesses such as depression[2] and also aggravate pre-existing conditions.

Psychological stress can be external and related to the environment,[3] but may also be caused by internal perceptions that cause an individual to experience anxiety or other negative emotions surrounding a situation, such as pressure, discomfort, etc., which they then deem stressful.

Hans Selye (1974) proposed four variations of stress.[4] On one axis he locates good stress (eustress) and bad stress (distress). On the other is over-stress (hyperstress) and understress (hypostress). Selye advocates balancing these: the ultimate goal would be to balance hyperstress and hypostress perfectly and have as much eustress as possible.[5]

The term "eustress" comes from the Greek root *eu-* which means "good" (as in "euphoria").[6] Eustress results when a person perceives a stressor as positive.[7] "Distress"

stems from the Latin root *dis-* (as in "dissonance" or "disagreement").[6] Medically defined distress is a threat to the [quality of life](). It occurs when a demand vastly exceeds a person's capabilities.[7]

Πηγή: https://en.wikipedia.org/wiki/Stress_management

Stress management consists of a wide spectrum of techniques and [psychotherapies]() aimed at controlling a person's level of [psychological stress](), especially [chronic stress](), generally for the purpose of improving the function of everyday life. Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include a decline in physical health, such as headaches, chest pain, fatigue, [sleep problems](),[1] and [depression](). The process of stress management is a key factor that can lead to a happy and successful life in modern society.[*citation needed*] Stress management provides numerous ways to manage anxiety and maintain overall well-being.

There are several models of stress management, each with distinctive explanations of mechanisms for controlling stress. Much more research is necessary to provide a better understanding of which mechanisms actually operate and are effective in practice.