

## March: Stress



"Stress," even the word can evoke certain feelings. How do we define it? There have been many different definitions of what stress is, whether used by psychologists, medics, management consultants or others. They all hold on to their definition passionately.

What complicates this is that intuitively we all feel that we know what stress is, as it is something we have all experienced. A definition should therefore be obvious...except that it is not.

Now, the most commonly accepted definition of stress (mainly attributed to Richard S. Lazarus) is that "stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize."

People feel little stress when they have the time, experience and resources to manage a situation. They feel great stress when they think they can't handle the demands put upon them. Stress is therefore a negative experience. And it is not an inevitable consequence of an event: it depends a lot on people's perceptions of a situation and their real ability to cope with it. Getting married or having a baby can be very stressful, but it is something positive.

Now that we know what stress is - we want to look at how to prevent, reduce, and cope with the stress that does come our way. The attached articles will address this and give us some relaxation techniques to use.

[Stress Management](#)

[Relaxation Techniques for Stress Relief](#)

