



FACTS ABOUT STRESS

Stress is:

“The adverse reaction people have to excessive pressures or other types of demand placed on them at work.” **Health & Safety Executive**

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall wellbeing.” **World Health Organisation**

Excessive pressures may come from a number of different sources, and when their combined effect is overwhelming, stress occurs. This means that stress is not good for you. Stress is an unhealthy state of body or mind or both.

For many years, people have referred to the Flight or Fight response as the stress response. But Flight or Fight is a one-off reaction to a perceived challenge or pressure and, as such, is a safety response, ensuring the individual is alerted to possible threats, allowing them to take avoiding action.

However, continually being in this state means that the body chemicals associated with Flight or Fight are constantly being stimulated which may create symptoms of, or cause, ill health.

Use our free downloads for additional information and support.

Our Stress Management Consultants can help and advise you on stress and positive approaches to managing stress, be it personal or within the workplace. To find them, please go to our [Find a Consultant pages](#).

Always consult your GP if you are concerned about your health