Stress is an automatic inner system by which your mind and body mobilize energy. Sometimes we think of stress as how our mind and body cope with change and challenge. Stress is with us all the time. It causes us to take the next breath, it makes our whole life exist. What is a person with out stress? Learn to cope with life's challenges.

Stress is the nonspecific response of the body to any demand placed on it.

Stress is different from nervous tension.

Distress is the damaging or unpleasant form of stress.

Eustress is the type of stress that makes our life go on. Is it the good type of stress.

What to do!
Get a handle on stress.
1. Learn to plan.
2. Recognize and adapt your limits.
4. Develop a sense of humor.
5. Be empathetic and forgiving.
6. Be positive and optimistic.
7. Exercise.
8. Learn to be flexible.
10. Develop friendships.
11. Learn to relax.
12. Develop support structures.

Stress Safety Valves
- Take a Walk
- Do something for somebody else
- Listen to Music
- Work in the Yard or Garden
- Pamper Yourself
- Play Yourself
- Play a Musical Instrument
- Bake Something Special
- Jog, Dance or Exercise
- Sing, Alone or With a Group
- Breathe Deeply
- Talk to Someone
- Tackle One Task at a Time
- Watch the Sunrise
- Talk or Play with Kids
- Take a Nap
- Scream or Shout
- Listen to Someone Else