



## Facts about Stress

### Stress is:

“That which arises when the pressure placed upon an individual exceeds the capacity of that individual to cope.” Confederation of British Industry (CBI)

“The adverse reaction people have to excessive pressures or other types of demand placed on them at work.” HSE

Those 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.

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To find one of our **Stress Management Consultants** who can help and advice you on stress and positive approaches to managing stress, be it personal or within the workplace, please go to our **Members Directory**.