

glossary OF TERMS

STRESS

STRESS IS A NORMAL REACTION THE BODY HAS WHEN CHANGES OCCUR, RESULTING IN PHYSICAL, EMOTIONAL AND INTELLECTUAL RESPONSES.

SOURCE | CLEVELAND CLINIC
[HTTPS://MY.CLEVELANDCLINIC.ORG](https://my.clevelandclinic.org)

STRESSOR

A STRESSOR IS ANYTHING THAT CAUSES THE RELEASE OF STRESS HORMONES. THERE ARE TWO BROAD CATEGORIES OF STRESSORS: PHYSIOLOGICAL (OR PHYSICAL) STRESSORS AND PSYCHOLOGICAL STRESSORS.

SOURCE | CENTER FOR STUDIES ON HUMAN STRESS
[HTTPS://HUMANSTRESS.CA/](https://humanstress.ca/)

thought PROMPTS

STRESS WILL ALWAYS CAUSE US TO FEEL UNCOMFORTABLE.

DO YOU HAVE THE TOOLS YOU NEED TO DEAL WITH THAT UNCOMFORTABILITY, OR DO YOU FIND YOURSELF USING THE SAME UNHELPFUL TOOLS OVER AND OVER?

IF SOMEONE ELSE WAS IN YOUR SHOES EXPERIENCING YOUR STRESS, WHAT TOOLS AND SKILLS WOULD YOU RECOMMEND THEY BUILD?

WHERE WOULD YOU SEND THEM TO GET SUPPORT FOR BUILDING THOSE SKILLS AND TOOLS?

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healthy pour
helping you pour from a full cup