

What Stress Looks Like...

Stress is defined as anything that brings the body outside of homeostasis

Type of Stressor	Good (Eustress)	Bad (Distress)
Physical	Beneficial exercise	Over-exercising
Chemical	Organic food; balanced hormones	Synthetic drugs; pesticides
Psychic/Mental/Emotional	Getting goals; positive mental outlook	"Stinkin thinkin"; chronic mental strain
Nutritional	Organic food, eating appropriately for your activity needs	Eating too mch, too little, poor quality foods
Electromagnetic	Sunlight	Too much sun
Thermal	Maintaining body temerature	Too hot/cold

