

Module 7: Motivation, Emotion, and Stress


Topic 3 Content: Types of Stress Notes

Introduction

Types of Stress

Introduction

In this interactivity, click on each of the segments below to learn more about the main types of stress.



What is acute stress?

What is chronic stress?

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What is acute stress?

Types of Stress

Introduction

What is acute stress?

Acute stress is often referred to as “fight or flight,” or the body’s immediate response to a perceived stressor or danger. Your body is naturally wired to react quickly as it prepares to defend itself with energy and strength. Once the threat is over, it takes your body about ninety minutes to return back to normal metabolism levels.



What is chronic stress?

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What is chronic stress?

Types of Stress

- Introduction
- What is acute stress?
- What is chronic stress?

Chronic stress is the stress of daily life. Some examples include relationships, school, and work demands by teachers and coaches. This is a common type of stress experienced in our modern, fast paced society. It generates more psychological stress rather than physical stress. Even though your body is not in danger, it reacts similarly to a "fight or flight" response for potentially long periods of time.



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