

How our bodies react to stress

What is stress? And what happens to our bodies when we experience it? Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. Whether you are an adult, a child, have a demanding job, or are a college student going through finals, everyone experiences stress. Our bodies have a distinct way of telling us when we are stressed, and it is important for us to listen to them. Chronic stress can be dangerous to every aspect of our body, so when we are stressed we need to make the time to slow down, and de-stress.

