

# What Is Stress?

Stress is “a - normal reaction to situations that are perceived to be challenges or threats”. It is our reaction to events, not the events themselves that cause stress.

Stress is not “all in your head” but that’s where it starts. Adrenalin and other chemicals are pumped into the bloodstream, heart rate and breathing become faster, muscles tense up, and the body prepares for action.

Good stress (or eustress) can make you make you stronger and more alert, and help you meet short-term challenges such as calving, harvesting, writing an exam, preparing for a wedding, etc. However, bad stress (or distress) often occurs when a situation goes on a long time, feels outside your control, and is not effectively resolved. Essentially, the body is “all geared up with no place to go”. The effects of chronic stress can include physical and/or mental illness, cognitive and behavioral problems, and relationship breakdowns.

