



# Stress is a Non-Specific Reaction, it Damages our Health

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## INTRODUCTION

Stress is neutral and a pity the degree of reaction is different. It all depends on the context of the person and how they see the situation. Hans Selye defined stress as “unspecific.” That arises from every demand of the body, both mental and somatic. This understands the medical definition of stress as a physical need and the so-called common definition of stress as a psychological need. It usually happens when we find ourselves in a situation that we feel we cannot handle or control.

## DESCRIPTION

The stress factor is neutral in nature, meaning that the stressor itself may or may not cause stress eustress. It is individual differences and reactions that cause both anxiety and eustress. A stressor is any event, experience, or environment stimulus that causes stress in humans. These events or experiences are perceived as a threat or challenge to the individual and can be physical or mental. Scientists have found that stressors can make people more prone to physical and mental problems, including heart disease and fear. Stresses have a major impact on a person's health if they are “chronic, very severe or perceived as such uncontrollable.” This type of stressor is unpredictable and unpredictable and as such is totally beyond the control of the individual. Examples Crises and disasters include: Devastating natural disasters such as Floods or earthquakes, wars, pandemics, etc. Although rare, it is the type of stressor usually causes a lot of stress in a person's life. A Stanford University study found this after natural disasters those affected experienced a significant increase in stress levels.

Fights Stress is a widespread acute and chronic problem. Fast and the urgency of the first strike, there may be incidents of accidental killings of Allied forces arrive. Prevention requires reducing stress, vehicle pressure and more Identification training, tactical situational awareness e Risk analysis by managers at all levels. Typical examples of significant life events these in-

clude: Marriage, college education, death of a loved one, birth of a child, Divorce, moving, etc. These events, positive or negative, can create a feeling of insecurity and fear, which eventually leads to stress. For example, studies have shown increased stress during transition from high school through college, there are about twice as many freshmen more exposed to stress than seniors. Research has shown the main ones Because of them, life events are a little less likely to be the main cause of stress rare specimens [1-4].

## CONCLUSION

The elapsed time since the event and if so a positive or negative event is the factors that determine whether or not it causes stress how much stress causes. Scientists have determined that the events they have that have occurred in the last month are usually not related to stress or illness, while chronic events that occurred more than a few months ago are correlated Stress, illness and personality change. Positive life events they are usually not related to stress, and when they are, they are usually associated with only insignificant burdens Negative life events can be linked to stress and health problems.

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## CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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