



# Why We Get Stressed

Stress is your body trying to help you get out of a bad situation. When you are stressed, hormones flood to your brain to jump start your “fight or flight” response. Stress can make you react faster and feel stronger or it can wear you down and make you feel depressed.

There are two kinds of stress:

**Day to day stress is perfectly normal.** It might happen when:

- You’re running late
- You’re nervous about a date
- You’re trying to finish a race
- You have a deadline coming at work

**Long-term stress can cause problems** if it goes on too long or too often. It might happen when:

- You’re unhappy with your job
- You’re worried about money
- You’re having family problems
- You’re dealing with major health problems

Sometimes, day to day stress can add to a long-term stress and make it worse.

## **How does stress affect you?**

Stress can cause:

- Headaches
- Muscle tightness
- Back pain

**Stress affects the way we act too.**  
It can make you:

- Cranky
- Frustrated by little things
- Tired or jumpy
- Lose your temper
- Unable to concentrate

- Upset stomach

Over time, it can cause:

- Stomach problems like ulcers
- A weakened immune system
- Pimples to get worse
- Heart problems like high blood pressure