

Stress is currently a fairly frequently used concept. The community keeps placing an ever increasing number of requirements upon the individual. One tends to face stress situations in both the workplace and private life throughout the day. It is therefore essential to be acquainted with the issue concerned, and to be able to cope therewith.

Stress has latterly been defined as a response to a disequilibrium between a perceived requirement and perceived ability to meet it. Or, put in different words, as a reaction of the organism to a stressor of some kind or another, i.e. a stimulus triggering the stress reaction. The response of the organism becomes manifest on three levels. On the psychological level it is vented through emotions such as, e.g. anxiety and/or strain. On the physiological level persons stricken by stress tend to suffer from, e.g. headache, muscle ache, giddy spells, whistling in their ears, etc. The conative level typically features disorders/defects such as, e.g. nausea, evasive behaviour, a variety of dependencies.

In order to cope with stress and to reduce anxiety endured, the individual typically opts for so-called adjustment techniques such as, e.g. aggression, projection, downplaying, somatization, etc. It may be that the situation will likely result in a variety of stress-related diseases such as, e.g., depression, anxiety disorders, asthma, hypertension, and others.