

A man in a dark suit, white shirt, and striped tie is shown from the chest up, covering his eyes with both hands. He has a balding head and a distressed expression. The background is white and filled with various words related to stress and financial concerns, such as 'Work', 'Worry', 'Debt', 'No Time', 'Health', 'Family', 'Job', 'Stress', 'Problems', 'Accounts', 'Children', 'Wife', 'Business', 'Dead line', 'Fear', 'Money', 'No Sleep', 'Worry', 'Health', 'Debt', 'Job', 'Accounts', 'Children', 'Wife', 'Business', 'Problems', 'Stress', 'No Time', 'Family', 'Job', 'Dead line', 'Fear', 'Money', 'No Sleep'. The words are in different sizes and orientations, creating a sense of overwhelming pressure.

Vocabulary

Exceed: to be greater than a number or amount; surpass.

Mobilize: To organize or prepare something for a purpose.

Nausea: the feeling that you are going to vomit.

Overloaded: having too much load; burden.

Burnout: the state of having no energy or enthusiasm.

Mundane: very ordinary and not interesting.

Clutter: a state of being untidy; mess, chaos.

Zone out: to stop paying attention and not hear or see what is around you.

What Is Stress?

Stress is a condition or feeling experienced when a person perceives that demands **exceed** the personal and social resources the individual is able to **mobilize**. It is experienced by every human being. We tend to feel stressed when we don't have the time, resources, or knowledge to handle a situation.

