

A photograph of a bald man in a dark suit, white shirt, and striped tie. He has his right hand pressed against his face, covering his eyes, suggesting distress or exhaustion. The background is white and filled with various black text labels of different sizes and orientations, creating a word cloud effect. These labels represent common sources of stress and anxiety, such as "Work", "Family", "Debts", "Worry", "Health", "No Time", "Job", "Accounts", "Children", "Money", "Fear", "Dead line", "Stress", "Problems", "Business", "Wife", and "Health". Some words are repeated multiple times.

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.

