Stress Management



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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.

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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.



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