

# WHICH TYPE(S) OF **STRESS** DO YOU EXPERIENCE?

## **Eustress**

Eustress is the 'good stress.' This is the type of stress you feel when exercising, playing sports, riding a rollercoaster, or watching a suspenseful movie--your pulse races and hormones change, but there's no perceived danger. Eustress is the opposite of distress.

## **Acute Stress**

Acute stress is the most common form of stress. This is what you feel when daily issues pop up: beating a deadline at work, a flat tire, or getting the kids to school on time. This type of stress isn't necessarily bad, but if the stress lingers (or you're dealing with too much), your body can pay the price. Some physical symptoms of acute stress are headache, stomach ache/indigestion, and heart palpitations.

## **Episodic Acute Stress**

For this stress, think of the White Rabbit from Alice in Wonderland. Those with episodic acute stress are always on the go, always late, and always have a million things to do. These stress junkies are often easily irritable, anxious, and tense, and resistant to change. Symptoms of episodic acute stress include: persistent tension headaches, migraines, hypertension, chest pain. Treatment for this type of stress may require professional help.

## **Chronic Stress**

Chronic stress can be seen as the worst form of stress, and certainly the most dangerous. This is a long-term form of stress that can cause total helplessness and a very bleak outlook on the future. Prolonged financial struggles, abusive relationships, and dysfunction family environments are some precursors to chronic stress. This stress often leads to serious and severe health conditions.

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