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Stress: Effects and Management

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Stress: Effects and Management

Breanna Buscher

Nebraska College Preparatory Academy

Grand Island Senior High School 2017

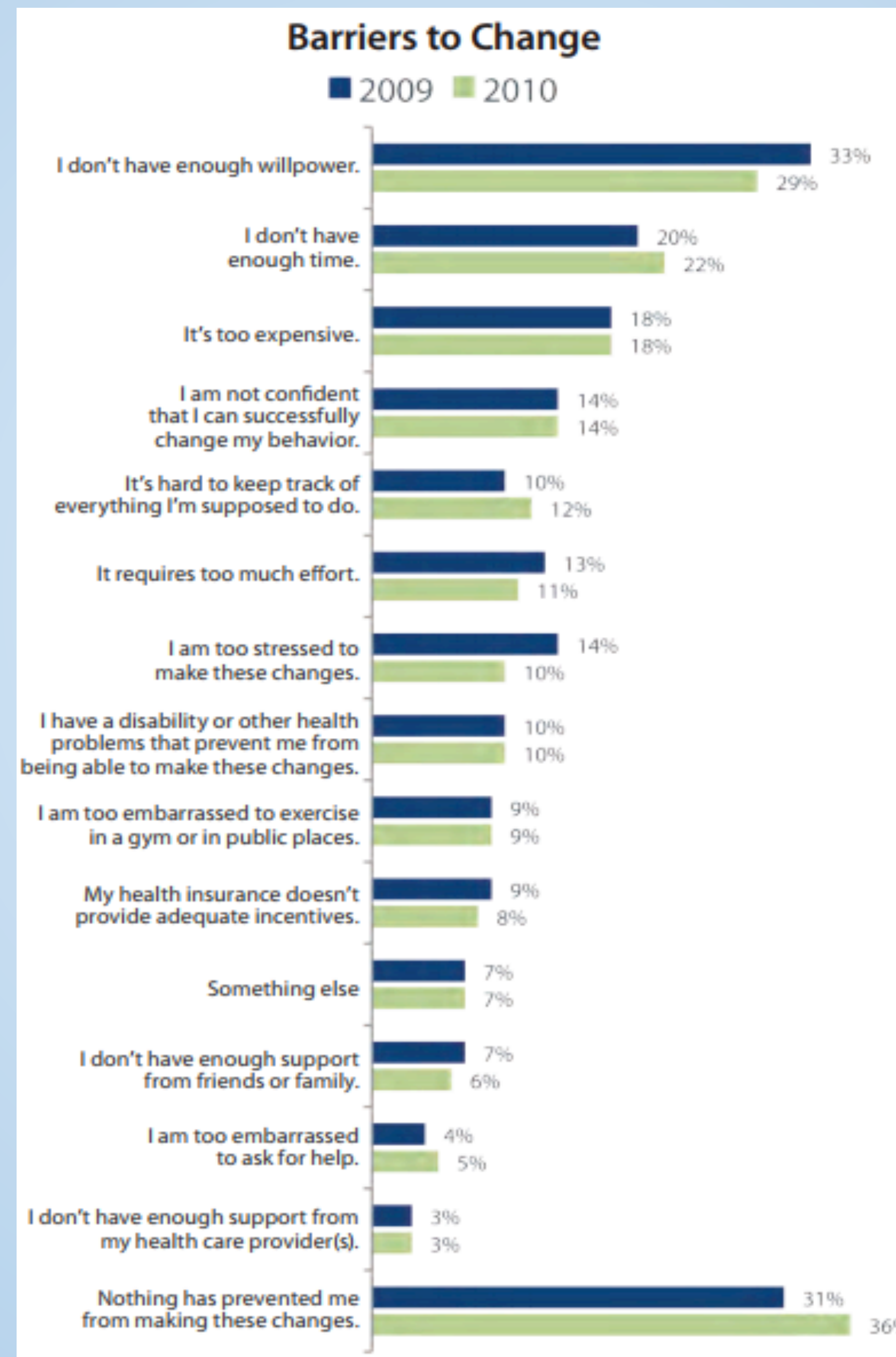
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Abstract

Stress is how the body reacts to any change in a person's life, as well as how it reacts in life or death situations. It is important everyone knows how to manage stress and what will happen if they do not. While there are an abundance of terrifying things that can happen when stress goes unmanaged, there are also plenty of easy ways everyone can keep their stress in check.

Key Points

- Stress is how the body reacts to danger and everyday changes.
- 75-90% of primary doctor visits are due to stress related issues(Anderson).
- Mental disorders, addiction, and eating disorders.
- Easy ways to manage stress include a good night's sleep, exercise, listening to music, or anything you find enjoyable.



http://wellness.wayne.edu/pdfs/national_stress_report.pdf



Conclusions and Discussion

Stress can feel overwhelming and often cause health problems if gone unmanaged but luckily there are a plethora of ways to manage it.

Future Research

I would like to research more in depth the connection between stress and mental illness, and the affects stress have on those around you.

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