Stress is defined as your reaction to a perceived pressure. Your response may be physical, emotional and/or psychological. Stress is part of our evolutionary survival instinct and the adrenalin rush is often referred to as the fight or flight response.

Stress is not always negative. Up to a point, a certain amount of stress helps us to perform optimally. Without stress we wouldn’t get out of bed in the morning. Your perception of your levels of stress determine whether it is positive or negative stress. One person’s high is another person’s stress demon. Consider people on a roller coaster ride. Some people have their hands in the air and are clearly enjoying the ride, others are hanging on for life and can’t wait for it to finish. Are you enjoying the ride?

See below for some links that will help you to manage stress positively.

1. Stress Management – How to reduce, prevent and cope with stress.  
   http://www.helpguide.org/mental/stress_management_relief_coping.htm

2. Relaxation Techniques for Stress Relief -  
   http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm