

# Shedding the Weight - Definitions

## Stress

Stressful situations can cause both body and mind/emotion reactions. The body just wants to help you meet the demands placed on you. The emotional reaction is more tied to our cognitive thinking assessment of how well we perceive can handle something.

- **Stressors:** environmental demands typically is external comes from outside; stressors can be from our present current environment or they can be perceived stressors in the future.
- **Stress:** occurs when we evaluate the environmental demand beyond our ability to cope successfully (elements of unpredictability, overloaded.) Your body is recognizing that the environmental demands outweigh the current capacity of the body and it is going to try and help you meet that demand by creating stress in the body.
- **Overwhelmed:** completely over come or overpowered by thought or feeling – completely unsure with what to do next  
*"Our lives are unfolding faster than our human nervous system and psyche can manage"* Jon Kabot Zin – solution is mindful play or non-doing time

Navigating stressors is a part of daily living. If you can think through a problem it's likely stress but not overwhelmed. Am I coping? can I handle this? If we do not take care to manage stress and give the body the resources it needs, we can become overwhelmed and become unable to respond to what is going on around us.





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## STRESS VS ANXIETY

Both are stress and anxiety emotional responses, but stress is typically caused by an external trigger or stressor. The trigger can be short-term, such as a work deadline or a fight with a loved one or long-term, such as being unable to work, discrimination, or chronic illness. People under stress experience mental and physical symptoms, such as irritability, anger, fatigue, muscle pain, digestive troubles, and difficulty sleeping.

Anxiety, on the other hand, is defined by persistent, excessive worries that don't go away even in the absence of a stressor. Anxiety leads to a nearly identical set of symptoms as stress: insomnia, difficulty concentrating, fatigue, muscle tension, and irritability. Worry and anxiety go together; worry is not an emotion it is the thinking part of anxiety it is the chain of negative thoughts about bad things that might happen in the future.

## ANXIETY vs FEAR

- **Anxiety:** An emotion characterized by tension worried thoughts and physical changes like increased blood pressure Can be both a trait and a state. With Anxiety the threat is in the future.  
Trait – something that is part of a personality long term characteristic  
State- temporary condition for a short period of time
- **Fear:** is negative short lasting high alert emotion in response to perceived threat - present moment if it last long it likely is not fear