



STRESS

**MENTAL
AND/OR
PHYSICAL
TENSION**

DISTRESS

**ANXIETY OR
SUFFERING
DUE TO EXCESSIVE
STRESS**

EUSTRESS

**POSITIVE
OR
GOOD
STRESS**

STRESSOR

**ANYTHING
THAT CAUSES
STRESS OR
TENSION**

STRESS REDUCER

**ANY ACTION OR
ACTIVITY THAT
RELIEVES OR
REDUCES STRESS**