Overhead/Handout 4.4. Characteristics of Stress

Demands on lost areas of mental function contribute to stress. So does having too much done for one.

Excess disability contributes to stress.

Stress accumulates.

People experience multiple stressors.

Stress will vary from day to day.

When it is impossible to remove the obvious stressor, reduce the overall stress burden.

Feelings of stress tend to linger.

Stress can be contagious.

Boredom can increase stress.

Feeling that one is being patronized can cause stress.

Catastrophic reactions are usually caused by immediate, obvious things, not by hidden, psychological things.

Some people explode with little warning.

Some stress is part of the disease, and medication is helpful.

The individual’s tolerance for stress will change.

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