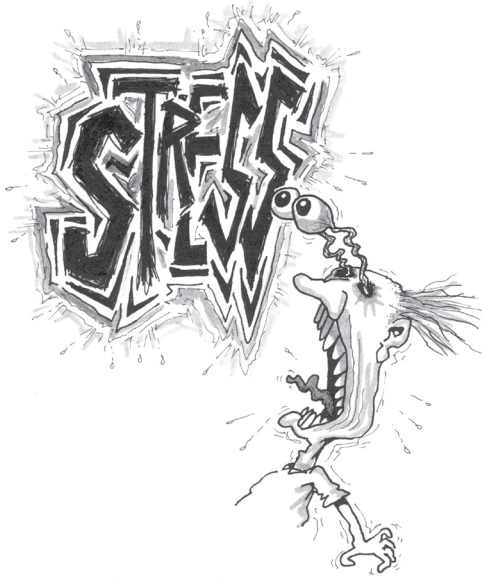




It's when stress BREEDS, into large numbers, for too long that you need to beware!



Too much of the virus for long periods creates **OVERLOAD**. Overload is when stress turns into **DIS-stress** - an uncomfortable (and generally unproductive) state that, if left unchecked, can lead to all sorts of psychological and physical problems. In the short-term there are few effects that cause any problems - but allow this little blighter to increase in numbers...and you might wish you'd have kept it in check! The stress virus **LOVES** people who are:

- o Run down (physically and emotionally)
- o Over-worked (and take little rest)
- o Experiencing problems (and not addressing them)
- o Isolated, lonely, miserable (who don't share problems)
- o Experiencing long-term illnesses (and painful conditions)
- o Tense and uptight individuals (prone to over-reactions)



Small doses of stress = stimulation!



Stress chemicals are naturally occurring chemical stimulants (natural stress juices!) which essentially motivate us. They:

- o Get us up in the morning
- o Help us to DO things in the day
- o Generate ideas and creativity
- o Help us to be productive in life and in work
- o Produce excitement and motivate us

These chemicals have effects on other (natural) chemicals in the body and mind, such as endorphins (often experienced as a 'high' after activity or exercise), and serotonin (a mood chemical giving us a sense of pleasure, contentment and an overall sense of well-being and happiness).