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Stress, as you know, in the modern world for each of us without exception. As the man in the worldly turmoil is not able to withstand the voltage, which is expressed in particular situations of life caused by the variety in nature of reasons. What is stress in scientific notation?

Stress is a normal and common occurrence. We all sometimes feel it – maybe as the feeling of emptiness in the pit of the stomach when you stand up, appearing in front of an audience, or as increased irritability or insomnia during the examination session. Minor stress is inevitable and harmless. That excessive stress causes problems for individuals and organizations.

Any event, fact or message that can cause stress, i.e. to become a stressor. Stressors can be a variety of factors: microbes and viruses, different poisons, high or low temperature environment, trauma, etc. But it turns out that the same stressors can be any emotogenic factors, i.e. the factors influencing the emotional sphere of man. That's all we can worry, unhappiness, harsh words, undeserved resentment, a sudden obstacle to our actions or aspirations.

Stressful situations arise both at home and at work. From the point of view of management, of most interest are the organizational factors that cause stress at the workplace. Knowledge of these factors and caring will help prevent a stressful situation and increase the efficiency of administrative work and achieve goals with minimal psychological and physiological losses of personnel. After all, stress is the cause of many diseases, and hence causes a significant harm to human health, whereas health is one of the conditions for achieving success in any activity.

Causes of stress are countless, and to escape from stress is only one way: not to think and worry about what happened, and to think about what you need to do in order to resolve the situation, about what to do next. This is a very correct position, you are losing your vitality, without end "chewing" unpleasant event. What happened has already happened and change it, we can not, we can only look forward to a new Outlook on life and to always learn how to handle difficult situations as a winner.