

Myths and facts about stress

Myth: People who feel stress are nervous to start with.

Fact: Everyone can feel stress, not just those who are nervous.

Myth: Prolonged physical exercise will weaken your resistance to stress.

Fact: Physical exercise will actually increase your resistance to stress.

Myth: Stress can be controlled with medication.

Fact: There is no medication that can control stress, only medication that can temporarily relieve some of the symptoms caused by stress.

Myth: Stress can be eliminated.

Fact: You can improve your response to stress but you can never eliminate stress.

Myth: Stress can cause unpleasant problems, but at least it can't kill you.

Fact: Stress can weaken your system and lead to medical problems that can kill you.

Myth: Stress is always bad.

Fact: Stress can be exciting (think about the anticipation waiting for something fun like a trip or roller coaster ride). It is not always bad.

Myth: Stress is only in the mind; it's not physical.

Fact: Stress is both mental and physical.

Myth: There's nothing you can do about stress without making drastic changes in your life style.

Fact: You can make small changes that make a big difference.

Myth: Work-related stress can be left at the office and not brought home by most people.

Fact: Work-related stress almost always seeps back into your home. And the health effects of feeling stressed at work do not go away when you leave the office.

Myth: You always know when you're under stress.

Fact: People can be very good at ignoring daily stresses. Often we do not know we are under stress until we get headaches, stomach problems, or blow up with anger.