Types of Stress

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There are four types of stress:

**Acute Stress**

This is the type of stress is the most commonly occurring stress. It occurs due to the pressures and demands of the near-past or near-future. This stress incites the thrill and excitement level if it occurs in small concentration but if it increases it will result in exhaustion of mind and body. It lasts for a shorter span, and it is less worrying if it does not occur regularly. For instance, on a busy day might be acutely stressful.

**Episodic Acute Stress**

It is an aggravated form of stress. It is stress which may occur in routine, from day-to-day bases. Episodic acute stress has more busy days in it then acute stress. The people going through this type of stress continuously feel stressed out, and there is minor relief for them at the end. Most people who suffer from this type of stress have taken so much on them that is why they feel pressured almost every time.

**Chronic Stress**

This is the stress which occurs with a long gap, such that maybe after a month or year. However, it lasts for a very long time, and people might usually feel helpless and stuck in a stressful situation. Usually, it begins with childhood experiences or traumatic events. This type of stress might be the result of prolonged acute stress.

**Positive Stress**

These types of stress cause a person to take stress productively and efficiently in a challenging way not to feel tension and problem with the situation. It helps a person to achieve a higher level of competitions or challenges in life, such that it motivates and encourages achieving something which might seem difficult or unachievable. It is also called as eustress. The feeling of stress before a job experience is eustress; it keeps a person focused and motivated for going on and accomplishing the task.