

## EFFECTS OF STRESS ON THE BODY

Another aspect of understanding the concept of stress is the effect that stress has on the body. Visualizing these abstract concepts in the form of models is generally a helpful approach to enhance our understanding. Fig. 1.2 attempts to present these concepts in a model that is generally well accepted.

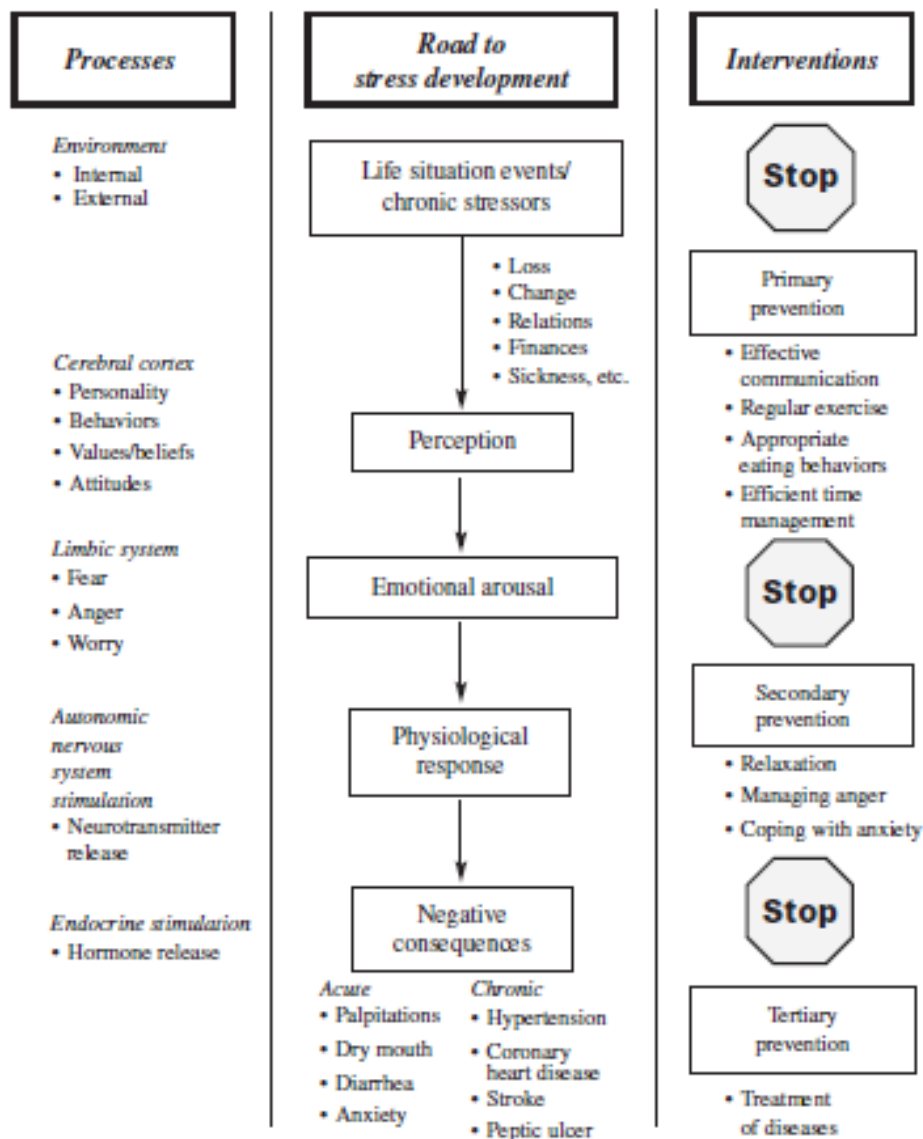


FIGURE 1.2 Stress development and intervention.

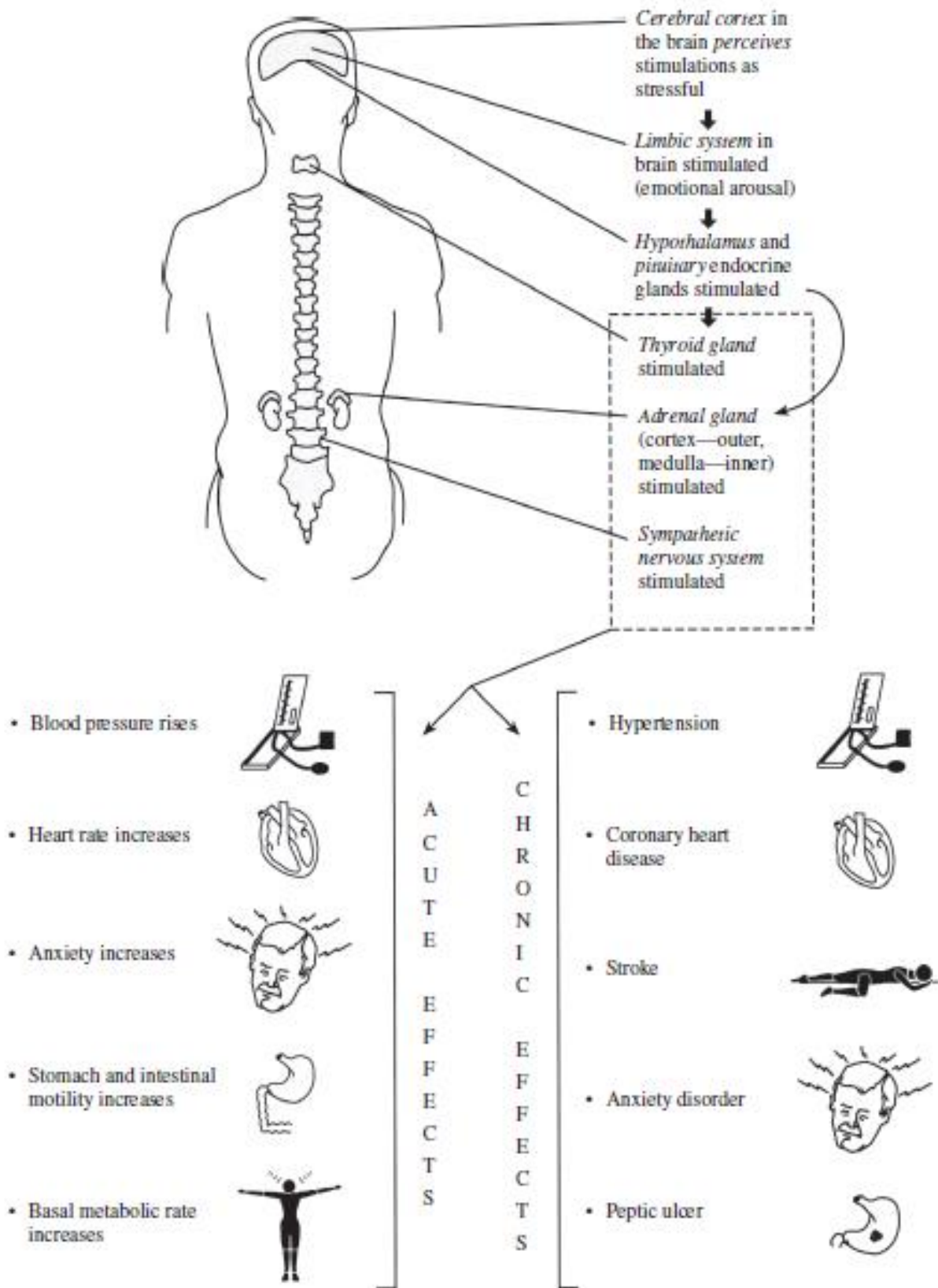
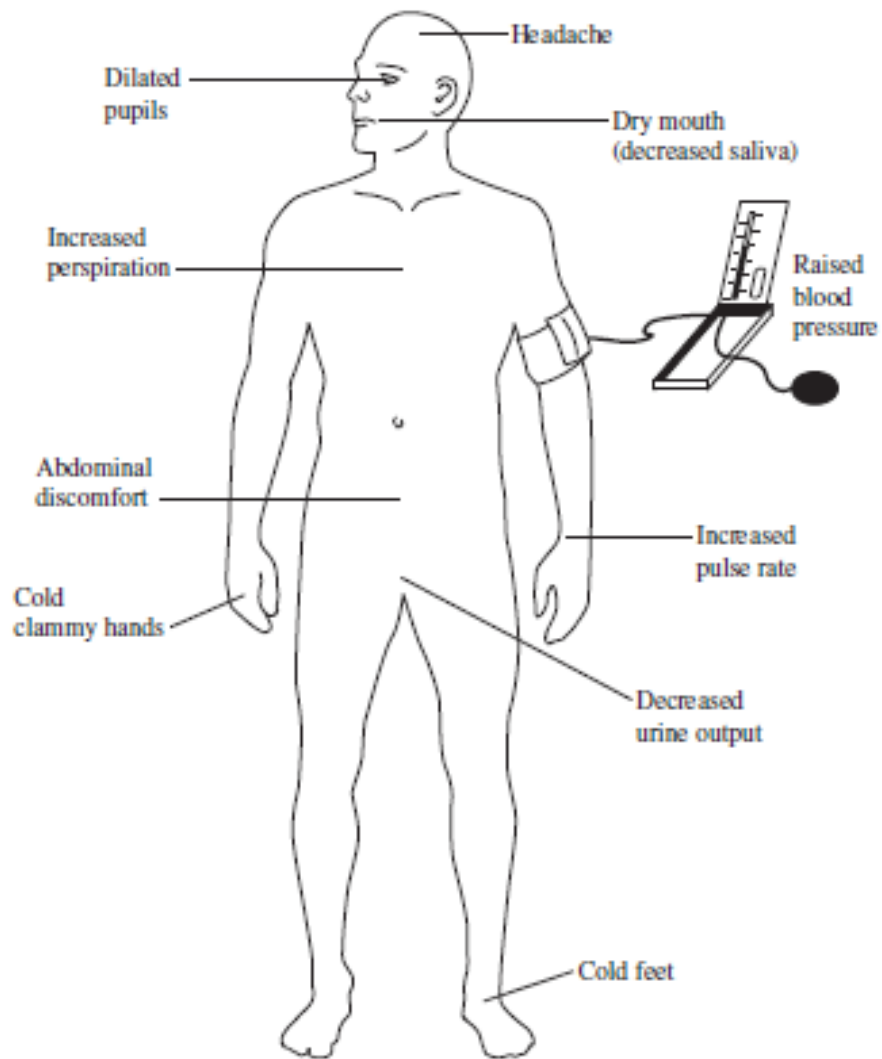


FIGURE 1.3 Stress psychophysiology.



RE 1.4 Physiological signs and symptoms of acute stress on the body.