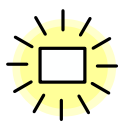


# What is Stress?

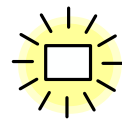
Some pressure is good for us.



- We need to feel pressure to challenge ourselves and



achieve new things.



- It feels good when we accomplish something new.



- But too much pressure can cause us to feel stressed.



- Stress is a normal reaction, but too much stress can



make us ill.