

Three Types of Stress

1. Positive Stress

- ❖ Refers to moderate, short-lived stress responses, such as brief increases in heart rate or mild changes in stress hormone levels. Learning to adjust to it is an essential feature of healthy development.

Examples:

- Meeting new people
 - Getting an immunization
 - Entering child care
- ❖ Events that provoke positive stress tend to be those that a child can learn to control and manage well with the support of caring adults and which occur against the backdrop of generally safe, warm, and positive relationships.

2. Tolerable Stress

- ❖ Refers to stress responses that could disrupt brain architecture, but generally occur within a time-limited period and are buffered by supportive relationships that facilitate adaptive coping. These conditions usually give the brain an opportunity to recover from potentially damaging effects.

Examples:

- Death
- A serious illness of a loved one
- A frightening injury
- Divorce

3. Toxic Stress

- ❖ Refers to strong and prolonged activation of the body's stress management systems in the absence of the buffering protection of adult support, disrupts brain architecture and leads to stress management systems that respond at relatively lower thresholds, and increases the risk of stress-related physical and mental illness.

Examples:

- Extreme poverty
- Physical or emotional abuse
- Chronic and serious neglect
- Enduring maternal depression
- Family violence