

REDUCING THE STRESS RESPONSE

BEHAVIOURAL, COGNITIVE AND EMOTIONAL FACTORS.

Although a biochemical process, the severity of the stress response is subjective. The same stressful event will affect one person a certain way and another person a different way. This is due to behavioural, cognitive and emotional factors which means that the context of a person's life always plays a part. Using these factors can lead to effective, multi-dimensional de-stressing techniques.

