

Definition of Stress: Information for ISMA^{UK} Membership

To be used in conjunction with your application

This is the definition of stress used by ISMA^{UK}

ISMA^{UK} only uses the HSE Definition of Stress (1999) and all members, including those applying for membership, are required to use this:

***"The adverse reaction people have to excessive pressures
or other types of demand placed on them."***

www.hse.gov.uk/stress/ - review the Management Standards ISMA^{UK} uses for workplace stress.

These terms are NOT used by ISMA^{UK}

- ✗ Positive stress
- ✗ Eustress/Distress
- ✗ Good Stress/Bad Stress

- ✓ The term PRESSURE should be used and not positive stress.
- ✓ It is excessive pressure beyond the individuals coping ability that leads to changes in the body and stress.
- ✓ Stress is neither good nor positive; no stress is good for you ... not even a little bit! There is no 'good stress / bad stress'.

The term Eustress was first coined by Hans Selye to refer to positive stress.

However, current research is that no stress is considered positive and is referred to as pressure.

Pressure can become stress due to excessive pressure or demands placed upon an individual beyond their coping ability.

*Any course or training undertaken, should include this definition as part of their teaching, in order to achieve Professional Membership.