**Stress:** How the brain responds to demand.
Stress can be positive or negative.
Stress can also be acute or chronic.

**Negative Stress vs. Positive Stress**
- Negative stress is usually chronic
- Positive stressors improve quality of living
  - Stress from getting a promotion or good news about a family member
- Positive stressors can boost immune system
- Negative stress can be caused by traumatic emotional situations
  - For example: divorce, or being fired from a job

**How Negative Stress Affects the body:**
Immune system becomes compromised, and digestive, excretory, and reproductive systems do not function properly.

**Dopamine:**
Feel good chemical released in the brain

**Physical Activity Benefits on Stress**
- Better self image
- Increase dopamine levels
- Improves mood

No specific type of exercise has been found to best for stress reduction. Varies based on the person. Find out what works best for you.