

**Mayo Clinic Medical Edge**

***What is Stress?***

1:00

**Log**

**Audio**

<p><b>Intro with music</b></p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p>
	<p>MAYBE IT'S A BIG PROJECT AT WORK, BUILDING A NEW HOUSE OR CARTING THE KIDS TO ALL KINDS OF ACTIVITIES. ANY OR ALL OF THEM CAN LEAVE YOU FEELING HURRIED, HASSLED AND FRAZZLED... STRESSED OUT.</p>
<p><b>Rick Seime, Ph.D.</b> <b>Track 1 (1:10)</b></p>	<p>"YOU CAN THINK OF IT AS A RESPONSE WHEN OUR BODY OR OUR SYSTEM IS CHALLENGED BY SOMETHING, AND IT KIND OF LEADS TO AN IMBALANCE IN HOW WE'RE FUNCTIONING."</p>
<p><b>(Sigh-me)</b></p>	<p>MAYO CLINIC PSYCHOLOGIST RICK SEIME SAYS STRESS IS AN INEVITABLE PART OF LIFE. IN FACT</p>

	<p>SOME STRESS - LIKE THE THRILL OF A ROLLER COASTER - CAN BE GOOD. BUT THE KEY IS...</p>
<p><b>Dr. Seime</b> <b>Track 2 (4:05)</b></p>	<p>“IS IT MANAGABLE AND SHORT-TERM, OR DOES IT BECOME CHRONIC WHERE IT BECOMES DESTRUCTIVE.”</p>
	<p>DR. SEIME SAYS WE NEED TO PROBLEM SOLVE, AND LEARN TO COPE WITH SITUATIONS THAT CAN BE STRESSORS IN OUR LIVES. SHORT-TERM... EAT RIGHT, GET PLENTY OF REST, EXERCISE AND FIND A WAY TO RELAX.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>