




3 Stress Types and Responses *in Brief*

	<i>Description</i>	<i>Stress Response</i>	<i>Health Effects</i>
 <p>Positive Stress</p>	Routine, mild or moderate stressors necessary for healthy development, such as a presentation at work, a big game, or taking a test.	Temporary, short-lived response	Brief elevations in stress hormones, heart rate, and blood pressure. Balance returns quickly.
 <p>Tolerable Stress</p>	Moderately severe, longer-lasting stressors, such as natural disasters, hospitalization, or the death of a loved one.	Time-limited adaptive response	Short-term systemic changes. Balance returns with help from support systems and other interventions.
 <p>Toxic Stress</p>	Intense, ongoing stressors, such as abuse, neglect, and other Adverse Childhood Experiences (ACEs).	Heightened, prolonged activation	Without intervention, the chronic stress response can disrupt brain development and organ systems and increase the risk of long-term health effects.

Bhushan D, et al. The Roadmap for Resilience: The California Surgeon General's Report on Adverse Childhood Experiences, Toxic Stress, and Health. Office of the California Surgeon General, 2020. <https://osg.ca.gov/sg-report/>

Bucci M, Marques SS, Oh D, Harris NB. Toxic stress in children and adolescents. *Advances in Pediatrics* 2016; 63(1): 403-28.