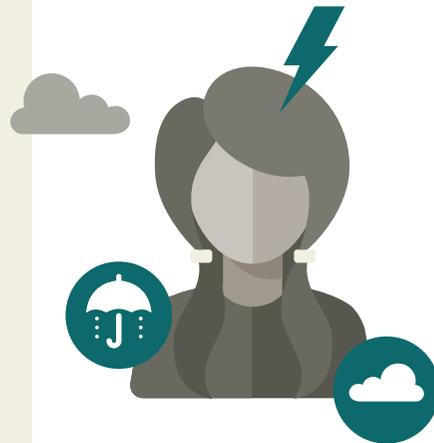# WHAT IS STRESS?

Stress is the body's response when it senses danger. We all experience stress and need it to function.

But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.

If unaddressed, stress can cause mental health issues like depression or anxiety and harm our physical health.

1 in 6 British workers will experience depression, anxiety or stress-related issues.
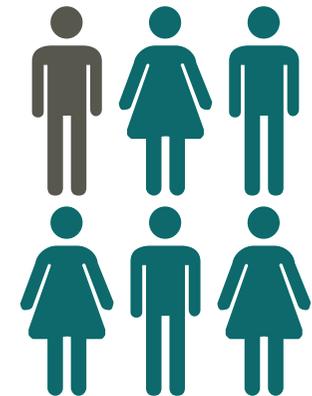
There are simple steps you can take to **#AddressYourStress**.
Check out our resources at **mhfaengland.org**

MHFA England