

The Counseling Team International
1881 Business Center Drive, Suite 11
San Bernardino, CA 92408
(909) 884-0133
www.thecounselingteam.com

Types of Stress

Distinctions need to be made between general stress, cumulative stress, critical incident stress and Post Traumatic Stress Disorder. Unfortunately, some people have blended these issues together. Perhaps the following chart will help to clarify the significant differences which exist between the various types of stress.

General Stress	Cumulative Stress	Acute Traumatic Stress	Post Traumatic Stress Disorder
Everyone has this type of stress all the time – day and night. This form of stress usually resolves within a day or two.	Prolonged stress which builds up after time and can lead to adverse mental and/or physical consequences.	Also called Critical Incident Stress. Produces considerable psychological distress. Normal reaction to abnormal event.	Post Traumatic Stress Disorder. Severe distress produced only by severe psychological traumatization. Can produce lasting changes in person's life and work. Produced by unresolved Critical Incident Stress. Generally needs professional assistance.