

# Learn more about Stress

The definition of stress is a **state of worry or mental tension** caused by a difficult situation. Stress causes the **body to adapt** so we can react to our changing environment.

## STRESS IN A FEW FIGURES

**95%** of people aged 18 and over say they have at least **one major source of stress** or anxiety\*.

**82%** of **women are more stressed** by everyday events.

\*Ifop survey for MES BIENFAITS | Report no. 715 197 March 2022

## STRESS & ANXIETY: THE DIFFERENCES

We often use the terms 'stress' and 'anxiety' interchangeably to describe how we feel.

It is important to know the difference between them.



### Stress:

- Physiological response
- In a given situation
- If it becomes repetitive: chronic stress



### Anxiety:

- Anticipating a future threat
- Feeling of insecurity
- Latent and long-lasting

## MANIFESTATIONS OF STRESS

When dealing with stressful situations, the body has to organise itself to respond and this involves the **brain**.

### BODY

- Pain, headaches
- Sleep and appetite disorders
- Feeling of oppression



### EMOTIONS

- Increased sensitivity and nervousness
- Dread
- Sadness and uneasiness

## Innolphae®

Why use our anti-stress sensory active ingredient?

**01** An innovative mode of action: retronasal olfaction

**02** Proven anti-stress properties

**03** A unique and environmentally-friendly manufacturing process

**04** Carefully crafted sensory effect and taste

**05** Tested and approved by consumers