

Distinguish, differentiate, compare and explain what is the differences between stress and crisis. Comparison and Difference.

Differences between Stress and Crisis

S.No.	Stress	Crisis
1	Stress comes frequently in our daily life	A crisis comes rarely.
2	Can be overcome easily by coping mechanism.	Can't be overcome easily and it takes a long time to be in the previous normal state.
3	It doesn't harm an individual if he/she faces it positively because stress is normally present in living animals.	There is no alternative in case of crisis, when it occurs it changes the whole pattern of living style of an individual which is very miserable (unhappy) and terrible.
4	It is a chronic condition in which the perceived danger persists over a long period of time without resolving it.	It is the acute condition which causes potential imminent danger that needs immediate attention.

Depression

Traumatic life experiences can trigger depression in people who might not otherwise be susceptible and this can affect your ability to cope and focus on your studies. Often the effects of a traumatic experience do not manifest immediately and do not become problematic until some time after the event.

The following may be signs of a more serious problem that should be addressed immediately with a health care professional:

1. irrational thinking (e.g., bizarre thoughts);
2. sleeping too much or too little, excessive fatigue, early morning waking;
3. decrease or increase in appetite or excessive weight gain or loss;
4. expressions of hopelessness or despair; and
5. suicidal or homicidal thoughts or feelings.

Intervention

It is essential that you address crisis situations as soon as possible to give yourself adequate time to take action. The first step is to talk to someone. You may not be aware of the gravity of your situation while you are in it. Talking to someone can open the door to the healing process. Talk to a friend, family member, one of your professors, a counselor or physician in Health and Counselling Services, or an academic advisor in the Student Academic Success Center.

Next steps for dealing with a crisis

When dealing with a crisis, it is hard to predict how long it will take you to recover completely. You may need to reduce your workload temporarily meaning working fewer hours at your job or reducing your course load. It is important to take the time you need to resolve the issues before getting back into your usual workload. If you return too soon it can interrupt your recovery process and potentially lead to further problems.