stressor

**American Heritage Dictionary:**  
(stĕs'ər)  
n.  
An agent, condition, or other stimulus that causes stress to an organism.

**Oxford Dictionary of Sports Science & Medicine:**  
**stressor**  
An internal or external factor that makes demands on an individual and tends to disrupt homeostasis. Stressors include physical trauma, disease, social events and situations, and the demands of exercise and competition.

**Saunders Veterinary Dictionary:**  
**stressor**  
Any factor that disturbs homeostasis producing stress. In animals there is a long list including nutritional, lactational and pregnancy stress, physical stressors including inclement climate, hard physical work such as endurance rides, racing, capture of wild animals, psychological including weaning, overcrowding, boredom, harassment by humans or other animals, absence of bedding or protection from drafts and poor ventilation.

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**WordNet:**

stressor

*Note: click on a word meaning below to see its connections and related words.*

The *noun* has one meaning:

**Meaning #1:** any agent that causes stress to an organism

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- Star Trac ST Fitness 8532
- Seated Calf Machine
- Three Tier Dumbbell Rack

**Wikipedia on Answers.com:** Stressor

For the medical use of this term, see [Stress (biology)](http://www.answers.com/topic/stress).

**Stressor** is a chemical or biological agent, environmental condition, an external stimulus or an event that causes stress to
An event that triggers the stress response may include for example:

- environmental stressors (elevated sound levels, over-illumination, overcrowding)
- daily stress events (e.g. traffic, lost keys)
- life changes (e.g. divorce, bereavement)
- workplace stressors (e.g. role strain, lack of control)

See also

- Noise health effects
- Vasoconstriction

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- physiological response
- cross-adaptation
- stress inoculation training

Related answers:
- What is a cataclysmic stressor? Read answer...
- What are physical stressors? Read answer...
- Hormones released in response to stressors? Read answer...

Help us answer these:
- What are examples of stressors?
- What are mental stressors?
- What is a reaction to a stressor?

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