

STRESS – A FRACTAL APPROACH ¹

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Abstract

Stress has a different meaning for each of us. The matter in question is how we have access to the information regarding stress perception as well as the reaction to stress when we are involved in a therapeutic process with our clients. The study suggests a model of stress built on a mathematical pattern that draws the attention to the fact that concerning the perception and management of stress the access to it is allowed just as fractionary by the subjective perception of the other, thus a fractal dimension of stress being built.

Keywords: *stress, fractal, fractal dimension*

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¹ The paper is part of the emerging study: "Fractals of stress experience at air traffic controllers"