

Good Stress US. Bad Stress

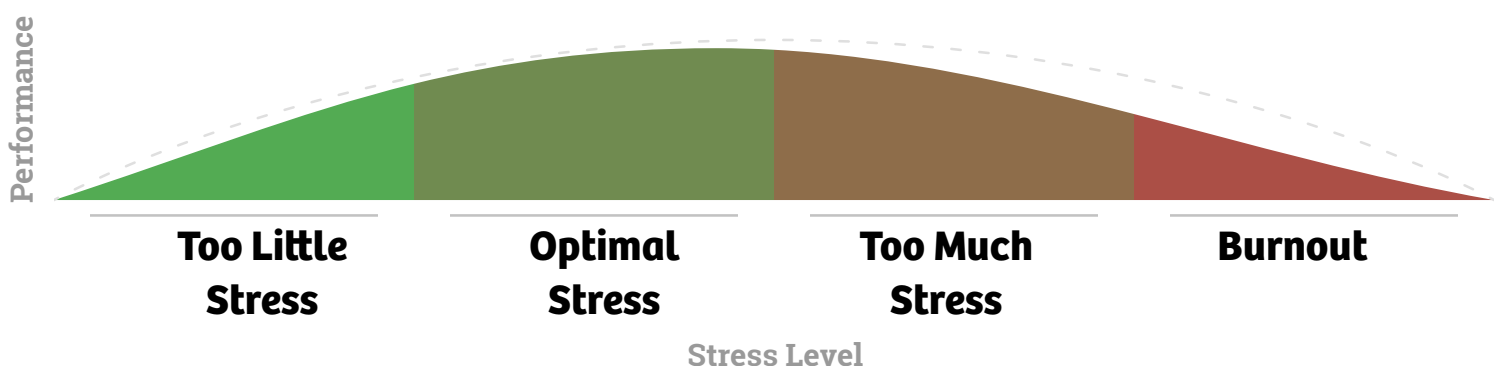
Not all stress is bad. Eustress, or “good stress,” can be beneficial and invigorating. It is the kind of stress that pushes you to perform better, encourages growth and helps you achieve your goals or overcome challenges. On the other hand, distress or “bad stress” can negatively impact your health and well-being, often leading to anxiety, depression and physical health issues. Distress is normally what people are referring to when they’re feeling stressed.

Stress is common and healthy; it’s your body’s way of responding to threats, challenges and demands. Understanding the difference between good and bad stress is crucial for maintaining a balanced and productive life.

Good Stress		Bad Stress
<ul style="list-style-type: none"> • Starting a new job • Learning a new skill • Traveling to a new destination 	Stressors	<ul style="list-style-type: none"> • Financial difficulties • Relationship problems • Heavy workload
<ul style="list-style-type: none"> • Exciting and motivating 	Emotional Response	<ul style="list-style-type: none"> • Overwhelming and frustrating
<ul style="list-style-type: none"> • Energy boost 	Physical Symptoms	<ul style="list-style-type: none"> • Headaches, fatigue and muscle tension
<ul style="list-style-type: none"> • Increased productivity 	Performance Impact	<ul style="list-style-type: none"> • Hindered effectiveness

Finding the Sweet Spot of Stress

Finding the sweet spot of stress involves embracing eustress while managing distress. The goal is to reach outside your comfort zone so you’re challenged, but not past the point of being overwhelmed. The stress performance curve below is based on the Yerkes-Dodson Law, which states that an optimal level of stress results in optimal performance.



Contact a mental health professional for further information or guidance about stress.

