



EQUIPPED

[Stress Management and Healthy Coping](#) > [Section 2: Causes of Stress](#) > [P...](#)

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LESSON PROGRESS

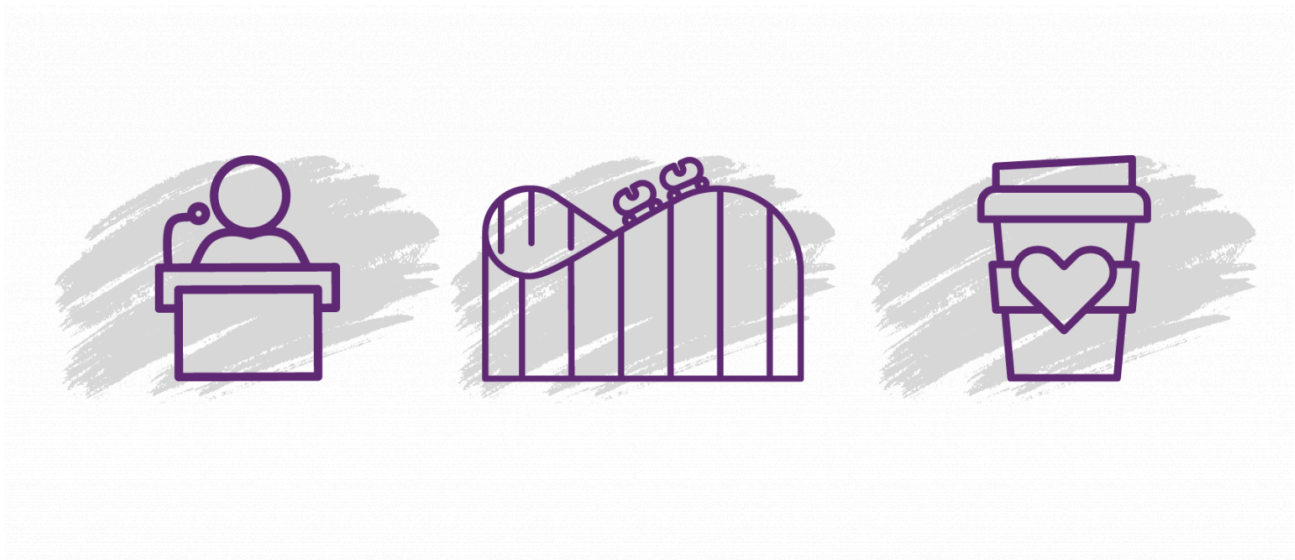
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POSITIVE STRESS

Positive stress is also known as eustress. It motivates and energizes, increases performance, and adds short-lived excitement. Examples include sports games, being motivated to study for a test, or an adrenaline rush.

Distress is negative stress or unhelpful stress. You may feel overwhelmed, or like you can't fix the problem.

Different Stress = Different Reactions



Example of Stress: Public Speaking

In the university class *Intro to Business*, all of the students have to do a 10 minute marketing presentation. Maddie (she/her) enjoys public speaking and thrives when she is asked to get up in front of the class. Although she may feel a bit of stress to do a good job, she generally finds this stress motivating. On the other hand, Ahmed (he/him) feels extremely nervous about talking in front of others and immediately becomes stressed upon hearing about the presentation. The same stressor is presented very differently in these two individuals.

Example of Stress: Rollercoasters

On the other hand, Ahmed loves rollercoasters and finds the excitement and adrenaline to be such a fun rush. Again, this is still a stress response, but Ahmed finds it exciting and enjoyable. Maddie would never ride a rollercoaster, finding the stress of the scary ride too much to handle.

Example of Stress: First Dates

Both Ahmed and Maddie feel stress leading up to a first date. For Ahmed, he gets ‘butterflies’ in his stomach, his palms get sweaty and his heart pounds. Alternatively, Maddie finds her mind goes blank when she is asked a question, and she often expects the worst leading up to the date, so much so that she often considers cancelling. Two people can feel stressed about the same thing but have unique reactions.

Not all stress is bad. What are some things that give you positive stress?

Please note that this space is offered as room to brainstorm or jot down some thoughts. This section is optional.

Type your response here

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