

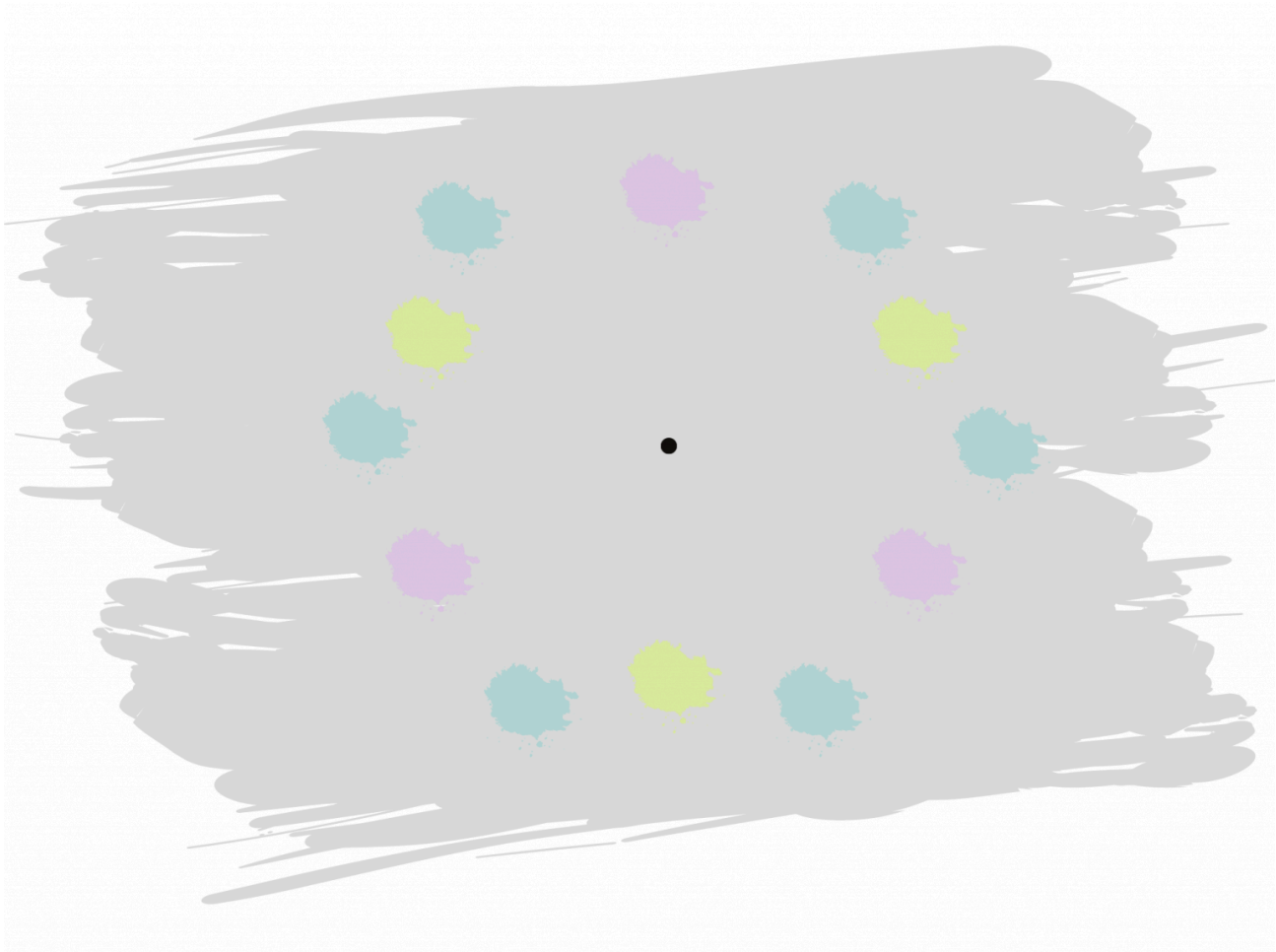


EQUIPPED

# PERCEPTION OF STRESS

## ACTIVITY: PERCEPTIONS OF STRESS

Stare at black dot for up to 30 seconds without blinking or looking away.



### **What did you notice?**

Many different things that can happen. Find out what they are here!

Ultimately – the picture stayed the same the entire time. This is an optical illusion. Although nothing changed, our brain told us that something was changing.

When you focus on the black dot, you can think of this as your stressor or the thing that causes you stress. The more you become focused on the stressor, you begin to lose sight of the other things around you, perhaps your other responsibilities or even healthy ways to deal with your stress.

Although everyone looks at the same image, there are many different perceptions of what happened. This is similar to the idea that everyone interprets stressors differently – what the experience is for one, is not the same for others.

When an event is perceived as a threat, you respond to it differently than if it is seen as a challenge. Threats tend to elicit a greater stress response and create greater levels of discomfort. Challenges, on the other hand, can be exciting and even enjoyable to overcome.