

Know your stress

Name it.

Stress is...

The body's physical and psychological reaction to a situation or any change that requires an adjustment or response. Everyone experiences stress – it's a pretty common thing! You can experience stress from your environment, your body, and your thoughts.

Eustress

Eustress is the **beneficial** stress that arises in any situation that a person finds motivating or inspiring, such as studying for an exam or preparing for an upcoming job interview.

Distress

Distress is the **harmful** type of stress, which can either include acute or chronic stress. When people say “I feel stressed,” they are usually referring to distress.

Acute stress

This is short-term stress that goes away quickly. You feel it when you are almost late for class, have that interesting gut feeling something is not right, or have a fight with your partner. It helps you manage potentially dangerous situations and it also occurs when you do something new or exciting.

Chronic stress

This is stress that lasts for a longer period of time. You may have chronic stress if you struggle to manage your time, schedule, or relationships. Any type of stress that goes on for weeks or months is chronic stress. You can become so used to chronic stress that you don't realize it is a problem. Distress becomes chronic when it remains constant over an extended period of time.

One of the first steps in understanding
our stress is being able to name it.