

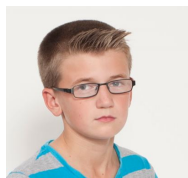
MANAGING SELF



STRESSED OUT

Understanding the difference between distress and eustress

Stress is a common feeling that we all experience from time to time. It can be caused by a number of different things. Eustress is good for us and motivates us to perform our best but distress can make it harder to manage our day to day lives. If we are under stress for too long, our health starts to suffer.



I'm really tired because my baby sister keeps crying during the night.



I have so much to get finished today. I'm not sure if I'll get it all done.



I forgot all about the trip we were going on today and I didn't bring any of my gear.

I have no-one to play with today.



What causes you distress?

Have you noticed things that cause stress for other people in your class? The things that cause you stress may not affect someone else in the same way.

When is stress helpful?

