

DON'T LET STRESS
GET YOU ALL WET

Distinguishing Between No Stress, Eustress and Distress



**Too little stress causes
these symptoms:**

Bored and low motivation

No growth

Lower performance level



**Distress (negative)
causes these symptoms:**

Feeling worried and
uptight

Discomfort and illness
Lower performance level

Tired feelings



Eustress (positive) causes these symptoms:

Good feelings

Feelings of excitement, challenge and
motivation

Peak performance

Nudges people to higher achievement





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Positive Ways to Manage Stress

Look for the Causes

When you feel stressed, try to identify what is causing the stress and then do something about it.

Plan Ahead and Get Organized

Plan ahead of time so you have time to get things done. Put things where they go so you don't spend time looking for them. Don't let things pile up and put off until the last minute. Do your homework the night before so you're not rushed the next morning.

Talk It Out

Talking it out with someone can relieve your stress and give you a different outlook. People not directly involved can often see solutions you might miss and offer support and encouragement.

Accept What You Cannot Change

Don't worry about things all the time, it doesn't help. If you can't do anything to change the stressor you are experiencing, try to make the best of it. If you are having a hard time, get help.

Avoid Stress

Avoid unnecessary stress by pacing yourself, making positive choices, and avoiding alcohol, tobacco and other drugs.

Be Accepting and Forgiving

Change your thinking about someone or something that bothers you. Try to see things in a different light or from another point of view. Forgive someone that may have wronged you and don't be afraid to apologize.

Get Plenty of Rest

Avoid staying up late and get at least eight hours of sleep each night.

Get Regular Exercise

Physical activity provides an excellent outlet for stress. Aerobic exercise like walking, bicycling or swimming are especially helpful in relieving stress.

Eat a Balanced Diet

Eat regular balanced meals and drink plenty of water. Limit consumption of caffeine, sugar and fat.

Maintain a Positive Outlook

Your thinking effects your stress. Make sure you have an accurate perception of the problem. Don't make mountains out of molehills. Use positive self-talk and when you have a stressor thought, change it to something more helpful. Look for the good and don't be too hard on yourself or others.

Relax

Take time to relax. Learn some effective relaxation techniques (lesson #9).

Laugh and Have Fun

Do something you really like and enjoy life. Watching a funny movie, reading a joke or sharing a humorous story with a friend can change your mood.

