

POSITIVE VS. NEGATIVE STRESS

Stress is a common experience, and can impact a person's health and quality of life. By understanding stress and what it means for you, as well as your stressors and healthy coping strategies, you can learn to manage your stress in a health-promoting way.



Stress is a normal physiological response to a demand caused by both positive and negative experiences. Stress response can be good or bad. It can help meet challenges, but when unchecked over time, it can have negative effects on the body and mind.



Positive Stress

Stress that benefits your health. For example, positive challenges such as playing a sport or getting a promotion at work.



Negative Stress

Stress that negatively impacts your health. For example, financial problems or anxiety about a test.

What are sources of stress currently in your life?

Positive Stress

- 1.
- 2.
- 3.
- 4.
- 5.

Negative Stress

- 1.
- 2.
- 3.
- 4.
- 5.