



Study Bites #2

Stress is a natural physical and mental reaction to life experiences. Some stress can help us to “get things done”.

Eustress can promote feelings of energy, focus, excitement or fulfillment. It helps with motivation and working toward a goal.

Distress is a negative stress that causes feelings of worry, fear or anxiety.

“While eustress is beneficial, it can develop into distress when a situation or experience becomes too overwhelming or when other stressors occur at the same time.”

For more information, read *The Difference Between Eustress and Distress*.

<https://www.painscale.com/article/the-difference-between-distress-and-eustress>

Or... watch *Eustress: Fun Stress Management Story Video*.

https://www.youtube.com/watch?v=pzxzrA4n_i0

If you are feeling “stressed” ask yourself... is this stress helping me to get my study done? Or... is it hindering my ability to study?

If the stress is hindering your ability to study, here are some tips on dealing with exam stress. Watch *Exam Skills: 6 tips for dealing with study stress*.

<https://www.youtube.com/watch?v=bfMw8OAGXTg>

Feeling some negative stress creep in? Could this Japanese method of relaxing help you?

<https://www.youtube.com/watch?v=m3-O7gPsQK0>

REMEMBER: if you are feeling overwhelmed, talk to your teachers.