The Upside of Stress

Stress can be good for us, if you know how to interpret it!

Recognize worry for what it is
- A feeling
- An indicator of something going on in a part of your life that you value
- Temporary

Stress Paradox

We are only stressed/worried about things we value.

If we are to have a meaningful life, it will be filled with things we value and care about, so stress will be a part of it.

Recognizing the stress is a sign of a meaningful life can make a tremendous impact on our responses to stress.

In short, stress is only harmful if you believe it is!

Reframe negative thoughts into positive ones, because:
Negative thoughts limit our ability to think through problems and see a variety of options.
Positive thoughts broaden our thought patterns, allowing us to see more possibilities.

ASK YOURSELF: Is it a THREAT or a CHALLENGE?

Both responses PREPARE YOU FOR ACTION!

In a threat situation, your body is anticipating physical harm. In response, you may experience:
- Increased heart rate
- Constricted blood vessels
- Increased inflammation
- Fear
- Anger
- Self-doubt
- Shame

In a challenge situation, your body prepares you to meet the challenge physically and emotionally, with physiological and emotional responses similar to responses to exercise, including:
- Maximized blood flow
- Increased heart rate that is stronger and more efficient
- More energy
- Excitement
- Confidence
- Enthusiasm

***Most stressors in our lives are challenges rather than threats. ***

Seeing them as such and your response to the situation as your body’s preparing you to meet the demands of the challenge can be all that is needed to change your physiology and make stress GOOD FOR YOU!