

STRESS REDUCTION

Stress is a completely natural part of life – maybe even more so during your college years! It is the reaction of the body and mind to meet everyday challenges and demands. And, studies show stress might even help you be healthier, happier and ultimately your best self.

Good stress?!

Eustress is positive stress that encourages growth through. Sometimes stress can be a positive force, motivating you to get started on the 5-page paper due next week or begin studying for the dreaded Chemistry 140A exam.

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Stress can also be good for . . .

1. Boosting your creativity. If you're not a little stressed your mind has no reason to think differently. Stress can often precede creative breakthroughs.
2. Your immune system. In short bursts, as the "stress hormone" cortisol is released, it actually increases immunity in the body.
3. Helping you get fit. Stress from moderate exercise is healthy and provides positive results.
4. Keep you energized, motivated, and more focused.

On the other hand, too much stress can have negative health consequences, such as weight gain and depression. Distress is negative stress that usually brings bad results. It paralyzes and prevents growth as a person.