Eustress vs. Distress: finding the good stress

The Yerkes-Dodson Performance Curve

Calm
- relaxed state of low productivity resulting in low performance
- Effects: replenishes energy, but for extended periods of time, the lack of challenge can lead to feelings of low productivity or laziness

Eustress
- An optimal level of stress with just the right amount of pressure
- Effects: allows us to glean the most from our experiences to feel challenged, confident, and accomplished

Distress
- a state of high agitation that creates a negative response to a stressor
- Effects: harms physical & psychological well-being, chronic stress associated with weakened immune system and development of anxiety

Stress Less Strategies

- Mindful breathing
- Re-frame circumstances
- Exercise
- Healthy Eating

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