



What causes me distress?

Module: Teacher Professional Development – Change and uncertainty

Resource: Distress and eustress

We know that positive stress, or Eustress, arises from situations that can be challenging, but also leave us with a feeling of enjoyment. This may include winning a game, sharing your thoughts in front of people you don't know, or meeting someone new. On the other hand, distress is negative, and can be harmful to the way we think and feel.

The purpose of this activity is to reflect on what stress can do to us, both physically and mentally. Using the space below, consider activities you have participated in, or things you have done recently, that have led to productive stress (Eustress) or bad stress (Distress).

1. Eustress

2. Distress

Think about how you feel doing things that cause you Eustress, and things that cause you Distress. What is the difference?

Understanding stressors can also clarify what we can and cannot tolerate, which can help you to talk to students about their experiences during transition.

1. Consider activities that lead to eustress and distress in the context of school transitions

2. Write down some ways you can support students, and yourself, to self-regulate and manage emotions.
