



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).

The first line is filled in for you.

Stressors	Symptoms	
	Physical	Mental
Having a confrontation with a colleague or parent	Feeling shaky, experiencing nausea, having heart palpitations	Mind blank, confusion, racing thoughts, negative self-talk