



STUDENT LIFE
WOLVERINE WELLNESS

Who we are:

**Carna is a
nonprofit
organization
that strives to
provide
accessible
information
about mental
health to
everyone.**

Stress and how to cope with it

More information on Carna
website at
carnamentalwellness.org



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FIRST THINGS FIRST: YOU ARE ENOUGH

Pressure often makes us feel overwhelmed, and it puts a huge amount of pressure on us to be perfect.

Perfect is impossible.

Reaching for perfection is only going to tire us out and take an enormous amount of unnecessary time and energy. We also need to take into account our emotional and mental health and its effects on our happiness.

That being said, we still have responsibilities, which is why we need to find the balance between mental wellness and getting our work done.

One of the ways to start creating this balance is to learn the difference between healthy and unhealthy stress, and then find sources of each within your life.

Positive Stress

AKA “good stress” or “eustress”

- This stress basically comes from a “fun challenge”
- “Eustress helps us stay motivated, work towards goals, and feel good about life,” (Clinical psychiatrist Dr. Michael Genovese)

Positive results:

- **Emotionally**, it can result in feelings of contentment, inspiration, motivation, and flow
- **Psychologically**, eustress helps us build our self-efficacy, autonomy, and resilience
- **Physically**, eustress helps us build our body (e.g., through a challenging workout)

Examples: getting a promotion at work, starting a new extra-curricular or hobby, and sometimes even figuring out your sexuality

Ways to induce and start to feel more comfortable with eustress:

- Push yourself out of your comfort zone, in anything
- Learn to set challenging, yet realistic goals

Negative Stress

AKA “distress”

- Contrary to eustress, distress can “make you feel overwhelmed because your resources (physically, mentally, emotionally) are inadequate to meet the demands you’re facing”

Examples: unhealthy conflict in relationships or friendships, the death of a loved one, or an overwhelming and over-demanding workload at school/work

Ways to cope with negative stress:

- Recognize and understand it, and then be introspective and use time management techniques to either get rid of it or turn it into good stress
- Meditation, which you can find information on in our “Meditation” blog, is also suuuper helpful to deal with stress and realize that you are worth so much more than what your grades look like or how many projects you take on at work