



# DISTRESS EUSTRESS

Let's Make Stress Work for Us

Have you ever been in a situation where your to-do list seems endless, assignment deadlines are fast approaching and you end up saying 'Whew, I feel stressed!?'

Stress seems to be associated with all kinds of negative connotations. There's a name for this kind of stress - Distress or Bad Stress.

But what we're going to say next may take you by surprise - Stress is not always 'bad'. Turns out there's also a category of stress, **Eustress** or Good Stress.

Experts say that eustress in a situation where you need to give your best performance, such as starting a new semester, motivates us, helps us focus our energy, and boosts our performance.

So clearly there's a positive side to stress. So how do we make it work for us?

The first step is to find out how if the pressure we could be experiencing is good or bad stress.

LET'S MAKE STRESS WORK FOR US



Know Your  
**Signs Of Stress**



Check How Much  
Stress Is **Too Much**



Learn To  
**Manage Stress**

Understanding yourself is always a challenging task. If you feel like you have hit a roadblock, help is just a [click away](#) :)

In case of any queries/concerns, please feel free to write to us [campus@yourdost.com](mailto:campus@yourdost.com).

**Standing with you,  
Team YourDOST**