



Have you ever been in a situation where you feel the pressure building up on you but you're also intrigued and excited at the same time?

Perhaps when you're about to start a new semester, assignment or internship? Such situations may seem stressful, sure but we're also eager to experience them, aren't we?

Psychologists say that such healthy pressure (eustress) motivates us, helps us focus attention, think rationally, and perform better.

But it's also easy for us to associate healthy pressure with negativity (distress). So how do we know if pressure could be beneficial? Take a look -



You try hard to remember

Studies have suggested that our body's response to pressure can temporarily boost memory. This stimulates the production of brain chemicals called neurotrophins, which

further improves concentration.

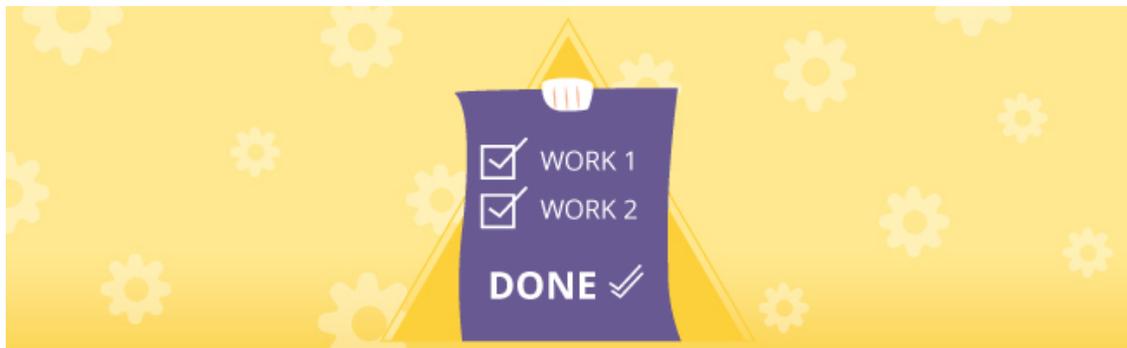
For instance, a pressure to remember the next points that you had prepared for a presentation or answer to a question in exam can induce healthy pressure.



You want to be healthier

Research says that when our body responds to stress, it produces chemicals that help regulate the immune system, providing at least a temporary defensive boost. This drives us to live a healthier lifestyle.

The pressure to maintain a healthy body, diet, work or routine are examples of eustress as it shows that you care about yourself.



You need to get a work done

Viewing stressful situations as challenges and focusing on the end result motivates you to succeed. Experts say that such pressure heightens a sense of awareness and dedication into an activity.

So if you find an assignment deadline or course chapters staring in your eyes and you can't help but try to finish it not just in time but also efficiently and productively, it's only a sign that you're driven by a pressure to succeed.



You take things seriously

Willingness to deal with pressure is considered beneficial. Research says that this builds resilience and can make future pressure easier to manage.

In fact, Navy SEALs are repeatedly exposed to stressful events so when they're in actual combat, they don't just shut down. Similarly, every time you decide to deal with a tough situation, you come out more resilient.

So looks are not all pressure is bad and it's up to us whether we want to associate ourselves to it's positive side.

Would you like to learn if the pressure you may be experiencing is healthy and if not, how to manage it?

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If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com.

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