
Stress is not Always a Bad Thing

Stress is simply the body's response to changes that create taxing demands. Cao (2016) suggested that there is a difference between eustress, which is a term for positive stress, and distress, which refers to negative stress. In daily life, we often use the term "stress" to describe negative situations (Mills, Reiss, Dombeck, 2006). This leads many people to believe that all stress is bad for you, which is not true. A eustress or positive response to a stressor motivates you to deal with a challenge or accomplish a task (Kupriyanov, Renad Zhdanov, 2014).

It helps you face what you have to face or fix what you have to fix. In the end, eustress can lead you to feelings of satisfaction and accomplishment, well-being and wholeness. Whenever you feel positive stress, you are encouraged to act. Whether this means growing, fighting, changing or adapting is up to you, but you will not remain complacent (Khosla 2006). In other words, positive stress makes us do things we would not normally do. It gives us that extra impulse to take risks such as asking your boss for a promotion or inviting that girl you like on a date Calmthout (2017). It can be argued that life would not only be much more boring, but also less filled with accomplishments if we did not experience positive stress (Whyte 2014). From a medical standpoint, a lack of stress can actually be potentially damaging because it causes boredom and lack of motivation.

This can lead to unfulfilled desires and wasted potential. In turn, these issues can put people at risk of depression and problems with low self esteem (Leung, Chan, Cooper 2015) That is why positive stress is good for us. It stimulates our bodies and helps us take that extra step further. "Stress gets you sharp, makes you smarter, more alert and faster. You will die without stress, quite literally", says Vinkers (2017). According to the psychiatrist, stress in our current society is no worse than a hundred years ago. The nature of the stress has changed. Where people used to worry about illness, income and whether you were allowed to marry that girl, we are now talking about Facebook, full trains and traffic jams. The figures do not indicate more and more depression and burn-outs (Runow, 2017). A little bit of stress is good, but long-term (negative) stress ultimately has consequences for your health.

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