

Good Stress: What Are the Benefits of Eustress?

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Online Desk: Nowadays everyone is talking about the goal to get a stress-free life. Stress is a familiar term in today's busy world. We often associate it with negative effects on our mental and physical health. But actually, not all stress is detrimental. There is a positive side to moderate stress. This is known as good stress and this can be beneficial for us.

What is Positive Stress or Eustress?

Good stress, known as eustress, is the kind of stress that makes people feel excited and motivated. It is like a little challenge that helps one do one's best. Eustress can encourage an individual to try a new hobby, learn a new language or skill, and even step outside one's comfort zone. For instance, a school student, Mina, had to participate in a spelling competition. She felt a bit nervous but also eager to do her best. The stress motivated her to study hard and concentrate. During the competition, her heart was racing, but she remembered the words and won! The good stress she felt had pushed her to succeed. Another example, giving a speech at a seminar might make an individual nervous, but it is also exciting for him or her. This mix of feelings is good stress or eustress. It pushes people to prepare and focus.

Difference between Good Stress and Bad Stress:

Good stress, like starting a new job or preparing for a race, is like a little push that makes you excited. It helps you to focus and do your best. It is like a friend cheering you on!

Bad stress, on the other hand, is like a big heavy weight on one's shoulders. It is when things feel tough and overwhelming, like money troubles, anxiety regarding academic performance or worrying about career issues, etc. Such stresses are also called negative stress or distress. Distress can make one feel tired and worried all the time.

Therefore, the difference between good stress and bad stress is obvious. Eustress is like a friendly nudge that helps you, while distress is like a big rock that's hard to carry. It is important to manage bad stress, maybe by talking to someone, getting counseling, finding ways to relax, doing yoga, or similar stress-relieving activities. It should be ensured that negative stress does not weigh anyone down too much.

Benefits of Eustress or Good Stress:

Boosts Brain Power:

Good stress, at a moderate level, prompts the production of neurotrophins in the brain. It fortifies connections between neurons. This enhances cognitive function, boosting focus, attention, and memory. The strengthened neural network equips individuals to process information efficiently and excel in various tasks, contributing to an overall sharper and more agile mind.

Makes You More Resilient:

Navigating manageable stress fosters the development of coping strategies and resilience. This acquired ability equips individuals to effectively manage future stressors, enhancing their capacity to endure and bounce back from challenging situations. Overcoming stress not only strengthens mental fortitude but also ensures a more composed and capable approach to similar stressors that may arise in the future.

Increases Short-term Immunity:

The human body's ability to temporarily elevate its immune response during stressful moments showcases the complex and adaptive nature of our biological mechanisms in handling various challenges. Short-term stress triggers the release of hormones that can bolster the immune system. This response serves to fortify the human body's defenses against infections and illnesses contributing to a more resilient and robust overall immune function. Thus, positive stress helps to strengthen the immunity of the human body.

Motivates to Succeed:

Moderate stress levels can serve as a motivating force, propelling individuals to invest more effort in pursuing their objectives. Stress prompts the release of energizing hormones, enhancing focus and providing an extra surge of energy.

Harnessing this motivational aspect of stress aids in pushing boundaries, staying committed to goals, and ultimately achieving them, demonstrating how stress can be a driving factor towards success.

Improves Memory:

When one aims to take a positive challenge such as learning a new skill or trying a new experience, one may feel eustress. Eustress can enhance memory, particularly for tasks demanding concentration. Stress triggers hormone release, heightening alertness and attention. This heightened state of awareness during stressful moments can result in a sharper focus on the task at hand. It potentially leads to an improved ability to recall and retain information related to the specific challenge or activity being undertaken.

Helps to Focus:

The energy surge from short-term stress can significantly enhance focus, allowing individuals to immerse themselves in their tasks and achieve a state of optimal productivity. Many individuals express performing at their peak when under a moderate level of pressure. This heightened energy and focus, channeled effectively, can lead to heightened performance and a sense of being "in the zone," where productivity and efficiency reach their peak.

Positive Outlook:

Positive stress cultivates an optimistic mindset, encouraging a proactive outlook when facing life's challenges. This form of stress often acts as a catalyst, enabling individuals to approach difficulties with resilience and determination. Embracing the positive side of stress instills a belief in one's ability to overcome obstacles. It fosters a can-do attitude that propels them towards success and a fulfilling life.

Boosts Creativity:

Stress can inspire unconventional thinking and spur innovative ideas by disrupting regular thought patterns and opening up new perspectives. Under stress, the mind is encouraged to explore alternative approaches, often resulting in creative solutions that might not have emerged in a stress-free state. This ability to think outside the conventional boundaries can lead to breakthroughs and fresh insights. It showcases stress as a catalyst for creativity and originality.

Emotional Security and Stability:

Positive stress enables the enhancement of our internal locus of control, affirming that our actions directly impact our lives and that we hold the reins. This minimizes the sense of vulnerability. Consequently, it improves our perceived mastery of situations, ensuring emotional stability. As beneficial stress is not persistent but activated in specific instances, it lowers the likelihood of emotional lability. Thus, our emotional health is safeguarded, emphasizing the pivotal role of controlled stress in bolstering our sense of

control and emotional well-being.

Stress Hormone Regulation:

Experiencing controlled levels of good stress aids in regulating stress hormones, promoting a more balanced and healthier stress response. This balanced stress reaction ensures that the body's hormonal levels remain within an optimal range. It prevents the negative impacts of excessive or prolonged stress. Managing stress effectively can lead to a better overall stress management system. And it ultimately supports mental and physical well-being.

Bottom Line:

Good stress can be a powerful force to bring positive changes in our lives. By embracing challenges, staying resilient, and utilising positive stress as a motivating factor, one can significantly enhance the quality of one's personal, academic, and professional life. Therefore, it is important to remember that eustress can push you to propel you towards success and a fulfilling life. Embrace the power of stress in an optimistic way!