

Healthy vs. Unhealthy Stress



When we hear the word stress, we often think it's a bad thing—but that's not always true.

There are different types of stress, and some are actually ok. Healthy stress, or eustress, is what you feel when preparing for a competition, meeting someone new, riding a roller coaster or taking an exam. It can make your pulse race with excitement, or make you nervous, but usually

doesn't last long. Healthy stress can actually improve performance, activating your body to face a challenge, helping you gain confidence and coping skills. In these situations, stress can lead to good things! But not all stress is positive.

Before Video

Prior to watching the video, you may wish to engage in a discussion about what “unhealthy stress” and “healthy stress” are. To prompt deeper thinking prior to watching the video, you may ask questions such as:

1. *What is stress? What are some examples of stress?*
2. *How can stress be positive? What are some types of stress that are easy to deal with? What are some types of stress that are NOT easy to deal with?*
3. *What are some ways you can deal with stress?*

You may also ask students to brainstorm about what some of the stresses are they deal with in their lives and categorize it “healthy”, “tolerable” or “unhealthy”.

After Video

You may wish to discuss the different positive, tolerable, and toxic scenarios brought up by the video and see if the students agree. Reviewing the information with your students may spark deeper reflection. Here are some questions that may prompt further discussion:

1. *What are some examples of healthy stress, tolerable stress or unhealthy stress?*
2. *What are some different ways you feel stress in your body?*
3. *What are some healthy ways you can deal with the different types of stress?*
4. *Who would you reach out to when you are dealing with stress that is hard to tolerate or unhealthy?*

Resources

Here are some additional resources that you can share with your students:

1. *For immediate support, reach out to school staff such as your teacher or school counsellor*
2. **Kids Help Line:** 1.800.668.6868 or text CONNECT to 686868
3. **Fraser Health Crisis Line:** 604.951.8855 or 1.877.820.7444 (toll-free)
4. www.erase.gov.bc.ca
5. www.foundrybc.ca
6. www.keltymentalhealth.ca