

## STRESS WORKSHEET

### 1. **Eustress vs. Distress**

There are two types of Stress.

- Eustress: positive, good stress that comes from situations that are enjoyable. (e.g., winning a game)
- Distress: Negative, bad stress that can be harmful to the body. (e.g., doing poorly on a test)

**Review your Stress Diary. From your stress list, identify examples of eustress and distress in the space below.**

Eustress \_\_\_\_\_  
Distress \_\_\_\_\_

### 2. **From your Stress Diary list, identify stressors and their physical and mental symptoms.**

Stressors	Symptoms	
	Physical	Mental

### 3. **Review your Stress Diary and identify the areas of distress of most concern.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_