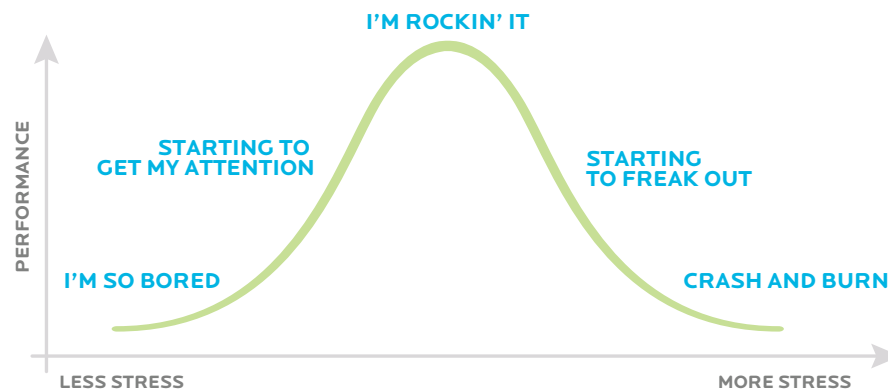


# GOOD STRESS, BAD STRESS: HERE'S HOW TO FIND YOUR SWEET SPOT.

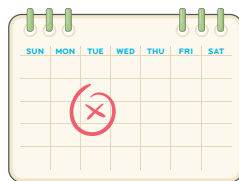
Too little stress keeps you from reaching your potential.  
Too much stress can harm your health.



## THE DIFFERENCE BETWEEN GOOD AND BAD STRESS

Stressors — from work deadlines to raising kids to workouts — aren't intrinsically good or bad. And your response is unique each time.

**WORK DEADLINE**



### POSITIVE RESPONSE

- ✓ Inspired, energized, motivated
- ✓ Focused and alert
- ✓ Explore edges of comfort zone
- ✓ Balance stress, rest, recovery
- ✓ Learn, grow, get stronger





### NEGATIVE RESPONSE

- ✗ Weak, worried, demoralized
- ✗ Distracted and scattered
- ✗ Don't challenge yourself
- ✗ Not enough rest/recovery
- ✗ Cortisol and adrenaline go up
- ✗ Possible muscle loss, fat gain
- ✗ Blood sugar, immunity, metabolic, sleep, sex hormones disrupted

## HOW DO YOU HANDLE STRESS?

Some factors are intrinsic but most you have some control over.

	PERMANENT				CAN BE SHAPED/BUILT		
	GENETICS	HISTORY	CURRENT STRESS LOAD	ENVIRONMENT	SUPPORT NETWORK	COPING ABILITY	ATTITUDE
<b>MORE STRESS TOLERANT</b> 	Stress-resistant	Practiced at handling stress	Moderate	Often outdoors, in nature  Spend time with loved ones	Strong	Calm yourself when emotional	Go with the flow, Optimistic, Proactive, Confident, Agile, View stress as a challenge to rise to
<b>LESS STRESS TOLERANT</b> 	Stress-prone	Little practice with stress	Very high or very low	Often in clinical, industrial spaces  Little time with loved ones	Weak	Overwhelmed by emotions	Trouble adapting, Pessimistic, Reactionary, Not confident, Paralyzed, View stress as a problem to avoid

## ARE YOU IN YOUR STRESS SWEET SPOT?



### STRESS TOO LOW

Lethargic  
Bored  
Unfocused  
Directionless  
Purposeless

### JUST RIGHT

Energized  
Engaged and interested  
Actively moving toward goals  
Learning and growing

### STRESS TOO HIGH

Anxious or obsessive  
Depressed  
Panicked and flailing  
Stuck or numb