

EUSTRESS vs DISTRESS

EUSTRESS

perceived as positive
and beneficial

may help improve
their focus and
motivate people to
take on new
challenges,

seen as a challenge-
exciting

DISTRESS

associated with
negative outcomes

can lead to anxiety,
fear, and other
negative emotions.

seen as a threat-
fearful

Source: [verywellmind.com](https://www.verywellmind.com)