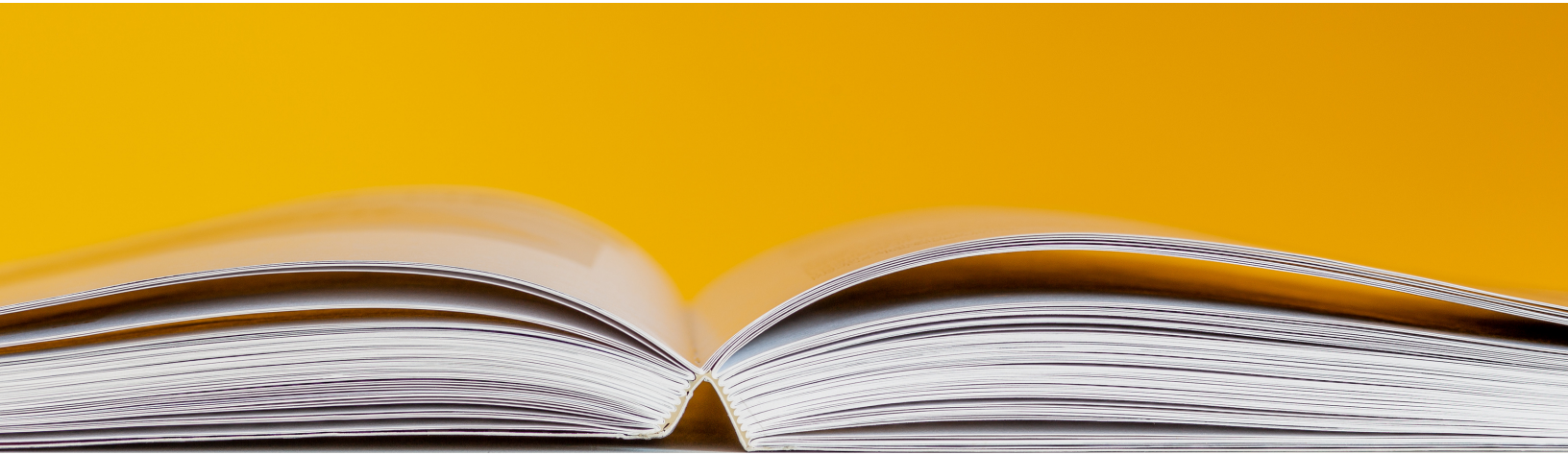


# Weekly Wellness & Counseling Newsletter

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## THE TWO SIDES OF STRESS

Stress is not always a bad thing. In fact, sometimes stress is what we need to be able to give the extra energy and focus we need to get through a task. The danger comes when the brain is under prolonged stress that feels unmanageable. The video below explains in more detail the effects of prolonged distress on your brain.

**Eustress**, or positive stress, motivates and focuses energy. It is short-term and perceived as within our coping abilities. It will often improve performance and make us feel excited about a task.

**Distress**, or negative stress, can cause anxiety or concern. It can be short- or long-term and can be perceived as outside of our coping abilities. It feels unpleasant and will eventually decrease performance and potentially cause health problems.



# Gradually Emptying the Cup

Imagine your body as a glass, and the water in that glass as stress. The fuller the glass becomes, the more stress you are holding on to. When the glass is completely full it will only take one drop of water to cause it to overflow. That can look like our stress being too much to handle. This sometimes results in avoidance, panic, or burnout.

So, it's important to find effective ways to gradually empty the cup in your day to day life

Learn more about your stress using [this worksheet](#) (from the book *Burnout* by Emily and Amelia Nagoski). Here are 7 ways to tell your body that there is no longer a threat and it no longer has to be in distress.



## 7 WAYS TO COMPLETE THE STRESS CYCLE



PHYSICAL ACTIVITY

YOUR CREW



BREATHING

LAUGHTER



AFFECTION

CRYING

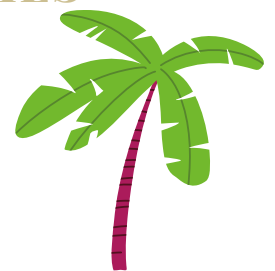


CREATIVE EXPRESSION

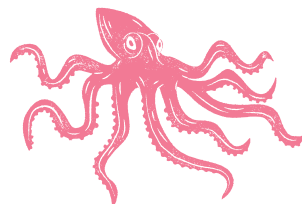
## VIRTUAL RELAXATION STRATEGIES



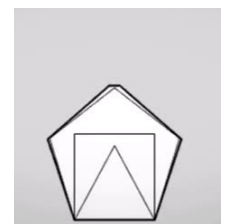
San Diego Zoo  
Live Cam



Virtual Tropical Hike



Monterey Bay  
Aquarium Live Cam



Box Breathing Meditation