



EUSTRESS

VS.

DISTRESS



Is short-term

Improves performance

Stimulates and motivates
to tackle challenges

Provides a burst of energy

Is within your coping abilities

Provides you with new tools

Empowers to grow emotionally,
physically, and psychologically

Involves time and space
for recovery

Is long-term

Decreases performance

It's beyond your resources
to cope with the threat

Demotivates

Exhausts

Impairs daily functioning

Causes anxiety, depression, and
other mental health problems

Leaves no chance to recover

Stress And Distress

Arturo Cuomo



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