The benefits of healthy stress: positive eustress

**Can stress be positive? Effectively, that's right. We discover what are the benefits of positive eustress, also known as healthy stress.**

Undoubtedly, in recent times there is concern about the growing number of cases of people suffering from stress, often with negative consequences for physical and mental health. Well, you will be surprised to know that not all stress is bad, because on the contrary there are cases in which certain stressful situations can be beneficial.

What we are talking about, this positive quality of stress, is called by psychology as **eustress**. In this note we will tell you what exactly healthy stress is, how it benefits us and what you can do to promote it. A good way to face challenges positively and obtain better results for our lives.

**Why does stress appear?**

The **stress** - that feeling of tension we have all experienced at some moment **is nothing but our body's response to a challenge or threat, an extra effort involved in high wear both mental and physical**.

It is what allows us to face situations that would seem out of our capabilities, from passing an exam that seemed impossible to us, to performing a maneuver in a fraction of seconds to avoid being hit by another vehicle.

The causes (the so-called stressors) can be very varied. Although we generally associate stress with overwork, it can be family, financial, and even emotional situations that cause us stress. Even things that may seem good, like a move, a wedding, or a promotion can cause it.

**Stress is a response to emergencies**, and therefore the body suffers when stress becomes chronic, that is, it becomes permanent or very prolonged. Hence, negative stress can lead us to suffer from different mood and physical disorders. Luckily, there is also positive stress, very important to maintain a healthier balance in our body.

**What is eustress or positive stress?**

To explain what exactly positive stress is, we will return to what we mentioned before when talking about the situations that stress us. In a given situation, let us suppose two students facing the last exam of their career - and assuming similar conditions, the physical effects felt when stress starts will be the same.

These will occur as a consequence of the activation of the sympathetic autonomic nervous system, stimulating the acceleration of the heart rate and respiration, tension in the muscles, among others.

What may differ is the cognitive assessment in this situation. Basically how we take the situation. If the situation is experienced through negative feelings (frustration, insecurity, overwhelm, low self-esteem, anger) this will generate a mental block, which will make it difficult to obtain good results and the possibilities of responding to that stressful situation. This is the so-called negative stress.

But the other student may have a very different perception of the situation if he considers that he has a chance of successfully coping with the situation, if he is confident in his abilities. Then he can perceive that situation as a challenge, generating a feeling of vitality, optimism, strengthening self-esteem and even stimulation and pleasure. This is the case of positive stress or eustress.

**Benefits of healthy or positive stress**

Being able to channel the stress that daily challenges present us positively will not only avoid the consequences of negative stress. It will also bring you many benefits. First of all in our body, renewing our energy, which we can well channel in some sport or other physical activity.

The eustress will help us to be more active, to stimulate our creativity and to be more efficient, achieving better results with less effort. As we explained at the beginning, this healthy stress allows us to be attentive and alert, to react in the best possible way to unexpected challenges, achieving more successful results. In addition, healthy stress will allow us to have a more balanced emotional state and give positive feedback on self-esteem.