

The Science of Stress

Part Two - Class Summary

- **Eustress = Good stress**
- **Distress = Bad stress**
- **It is how we respond to a stressor that determines whether it manifests in us as good stress or bad stress**
- **Learning to adapt to stress allows us to respond with a challenge response, rather than a threat response**
- **Our response to stress determines our physiology**
- **General Adaptation Syndrome demonstrates how our body can adapt to stress, rather than become exhausted by it, helping to prevent anxiety and depression**