# Stress Signals

Sort stress by how a person responds.

**P.5.3** "Describe and distinguish between eustress and distress."

NAME _____ DATE _____

### EUSTRESS

Eustress is manageable stress that helps you feel motivated or focused. The challenge may feel demanding, but you can handle it.

A baker feels alert and inspired while learning to decorate a complex cake.

### DISTRESS

Distress is stress that feels overwhelming or disrupts daily life. It can make it hard to rest, focus, or cope.

A caregiver's constant health worries leave them drained and unable to relax.

## 1 SORT

8 items

For each item, circle EUSTRESS or DISTRESS, then choose two item numbers and explain how each person's reaction helped you decide.

| | | |
|---|---|---|
| **1.** | A student feels keyed up for a class debate and enjoys making a case. | EUSTRESS DISTRESS |
| **2.** | An athlete feels nervous before a swim meet, then channels it into focus. | EUSTRESS DISTRESS |
| **3.** | Daily bullying makes a teen afraid to go to school. | EUSTRESS DISTRESS |
| **4.** | A student feels excited by a tough coding task and stays motivated. | EUSTRESS DISTRESS |
| **5.** | Weeks of housing uncertainty leave a teen worried and unable to sleep. | EUSTRESS DISTRESS |
| **6.** | An overloaded schedule leaves a teen exhausted and unable to concentrate. | EUSTRESS DISTRESS |
| **7.** | A new club leader feels a little nervous but eager to plan the first meeting. | EUSTRESS DISTRESS |
| **8.** | A student feels a rush of nerves about a science contest and enjoys practicing. | EUSTRESS DISTRESS |

## 2 PROVE IT

Explain your thinking

Pick two items from Part 1. For each one, tell how you knew where it belonged.

**ITEM #** _____ **HOW I KNEW** _____

**ITEM #** _____ **HOW I KNEW** _____

## 3 MAKE YOUR OWN

One of each

Write one new example of eustress and one new example of distress; include how the person reacts in each example.

**EUSTRESS** _____

**DISTRESS** _____

**CHALLENGE**

Imagine two students starting the same part-time job: write two sentences showing how it could cause eustress for one student and distress for the other.

# Stress Signals



## PART 1 · SORT

| # | ITEM | CATEGORY | WHY |
|---|---|---|---|
| 1 | A student feels keyed up for a class debate and enjoys making a case. | **EUSTRESS** | The challenge feels engaging and manageable. |
| 2 | An athlete feels nervous before a swim meet, then channels it into focus. | **EUSTRESS** | The athlete uses the stress to focus. |
| 3 | Daily bullying makes a teen afraid to go to school. | **DISTRESS** | The stress interferes with school attendance. |
| 4 | A student feels excited by a tough coding task and stays motivated. | **EUSTRESS** | The challenge supports motivation. |
| 5 | Weeks of housing uncertainty leave a teen worried and unable to sleep. | **DISTRESS** | The ongoing stress disrupts sleep. |
| 6 | An overloaded schedule leaves a teen exhausted and unable to concentrate. | **DISTRESS** | The stress disrupts energy and concentration. |
| 7 | A new club leader feels a little nervous but eager to plan the first meeting. | **EUSTRESS** | The leader feels able and eager to act despite some nerves. |
| 8 | A student feels a rush of nerves about a science contest and enjoys practicing. | **EUSTRESS** | The stress accompanies enjoyment and preparation. |

## PART 2 · PROVE IT

Accept any explanation that names the deciding feature from the rule box for the chosen item.

## PART 3 · MAKE YOUR OWN (SAMPLE ANSWERS)

- **EUSTRESS**: A student feels a little nervous about a tricky chess problem and enjoys trying new moves.
- **DISTRESS**: Ongoing conflict with a friend leaves a teen tense and unable to focus on daily tasks.

**Challenge:** Starting a new part-time job makes Ana feel alert and eager to learn, so she stays focused. Starting the same job makes Bo feel overwhelmed and unable to sleep, so he struggles to function.

For Part 2, accept explanations that connect each person's reaction to motivation or focus, or to disrupted well-being or daily life. In Part 3, the reaction must make the category clear.