Eustress and Distress

Define Eustress

Define Distress

What does eustress + distress equal

Give three examples of eustress

Give three examples of distress

Do all people have the same stress tolerance? Why or why not?

What are some possible physical symptoms of high stress short-term?

What are some possible physical symptoms of stress long-term?

Brain

G.I. Tract

Glands

Cardiovascular

Skin

Immune

Emotional reactions
When should you get help? 

List five ways you can relieve stress.

What are the five stages of grief?

Under what conditions might you experience grief?

What is one example of eustress in your life?