

# STRESS MANAGEMENT Handout 1

## COMFORT ZONE

### Where is Your Comfort Zone?

Most people perceive stress as negative. That's probably because by definition, stress is a perceived threat or demand that somehow exceeds one's capabilities to easily deal with it.

Yet stress has a positive side. Low levels of stress act as motivators, as devices that challenge and promote interests. Not having enough stimulation can result in distress.

Distress is stress that is unpleasant, threatening, or harmful. Levels of stress that are too high or too low can cause distress. Experiencing distress can be the cause of many physical illnesses and diseases.

How stress affects you, however, depends on your perception of that stress and your flexibility and feelings of control over your reaction to stressful situations. Your comfort zone is the amount of stress that provides enough excitement and challenge without making you feel overwhelmed. Each person's comfort zone is a little different from someone else's.

