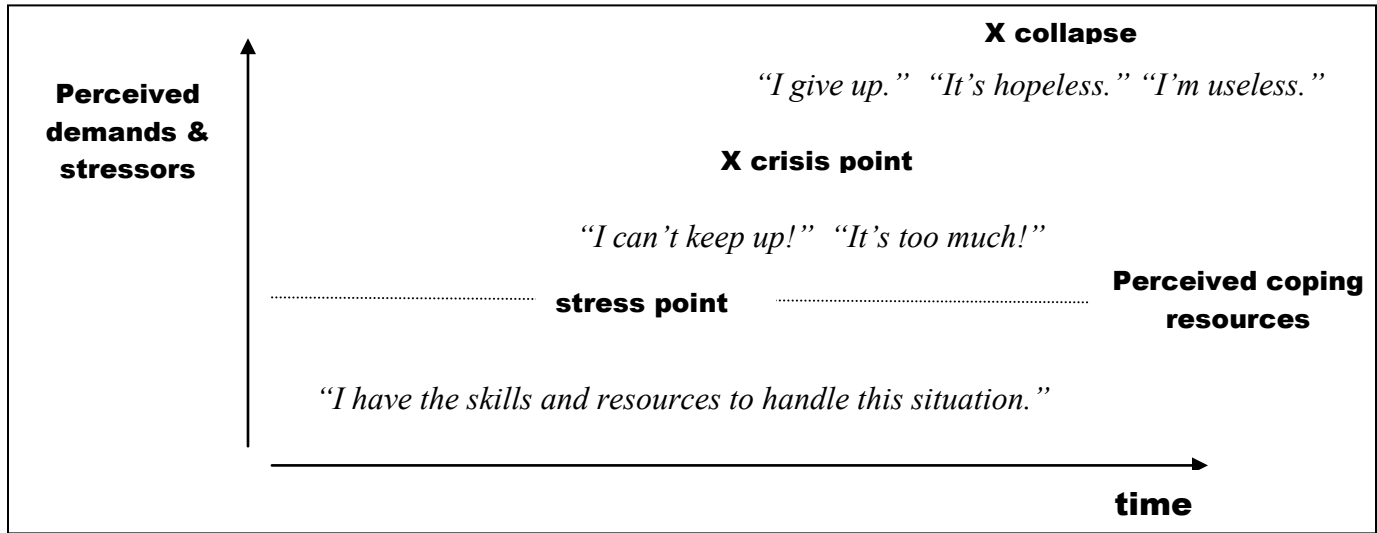


## GOOD STRESS, BAD STRESS and CRISIS

The Chinese word for *crisis* contains the symbols for both *danger* and *opportunity*.



**“good stress”** = Knowing you have the skills and resources to meet demands. (“Eustress”)

*Pro's: Benefits including improved self-esteem, self-worth, and self-confidence; increased energy; sense of accomplishment.*

**“stress point”** = Perceived demands are using all of your resources and skills.

*Pro's: Possibility for learning, growth, and expansion of coping resources.*

*Con's: May lead to feelings of anxiety, depression, irritability, and fatigue.*

**“distress”** = Perceived demands are exceeding personal resources.

*Pro's: Increasing coping resources and effective coping may lead to greater sense of self-efficacy and improved overall coping.*

*Con's: May trigger chronic anxiety, depressive episodes, lowered immune system functioning, chronic fatigue, aggressiveness, and feelings of low self-worth.*

**“crisis”** = Perceived demands greatly exceed perceived resources. (“Acute or Sudden Distress”)

*Pro's: Increasing coping resources and effective coping with a crisis may lead to greater sense of self-efficacy and improved overall coping.*

*Con's: Ineffective coping may contribute to acute or chronic dysfunctional coping (see “bad stress” and “collapse”); higher risk for poor decision-making including substance abuse.*

**“collapse”** = Hopelessness, meaning is lost.

*Pro's: Eventual recovery from a collapse may lead to greater sense of self-efficacy and improved overall coping, however this is likely to be a prolonged process.*

*Con's: May lead to cascading sense of failure in all areas of personal life: work, school, relationships. Possibility of substance abuse/dependence, suicidal thoughts or onset of PTSD. Recovery may require intensive therapy, medical intervention.*