

## **Subject 1: What is stress?**

Stress is a reaction to external pressure, which leads to a predictable psychological, physiological and behavioural response. If you had no daily pressures, you may find it difficult to get yourself motivated and be productive. People often forget that stress can be motivating.

Healthy pressures that can stimulate an optimal level of stress might include realistic deadlines, family and work responsibilities, and performing tasks that are appropriately challenging for your skill level. *Eustress* is the name for good stress, or stress that is motivating. The challenge is reducing our levels of bad stress (*distress*) so that we can spend more time at an optimal level of stress and performance.

*Chronic stress* occurs if the stress response remains engaged. This is most often due to low-level nagging concerns such as negative news in the media, financial pressures or even navigating peak hour traffic. This extended exposure can have a negative effect on your physical and mental health. This includes increasing your risk of depression and anxiety.

### **Do you want to find out more?**

The Generali Employee Benefits Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources [here](#).