

# Healthy vs. Unhealthy Stress



When we hear the word stress, we often think it’s a bad thing—but that’s not always true.

There are different types of stress, and some are actually ok. You might feel healthy stress before a competition, meeting someone new, riding a roller coaster or even writing a test. Healthy stress can feel exciting, make your heart race or make you nervous. But it usually doesn’t

last long. Healthy stress can actually make you perform better, preparing your body for the challenges you face. It helps you learn that you can do hard things. In these situations, stress can be good! But not all stress is positive.

## Before Video

Prior to watching the video, you may wish to engage in a discussion about what “unhealthy stress” and “healthy stress” are. To prompt deeper thinking prior to watching the video, you may ask questions such as:

1. *What does “stress” mean to you? What is stress?*
2. *How can stress be positive? What are some types of stress that are easy to deal with? What are some types of stress that are NOT easy to deal with?*
3. *What are some ways you can deal with stress?*

You may also ask students to brainstorm about what some of the stresses are they deal with in their lives and categorize it “healthy”, “tolerable” or “unhealthy”.

## After Video

You may wish to discuss the different positive, tolerable, and toxic scenarios brought up by the video and see if the students agree. Reviewing the information with your students may spark deeper reflection. Here are some questions that may prompt further discussion:

1. *What have you learned about the different types of stress?*
2. *What are some different ways you feel stress in your body?*
3. *What are some healthy ways you can deal with the different types of stress?*
4. *Who could you talk to when you are feeling stress?*

## Resources

Here are some additional resources that you can share with your students:

1. *For immediate support, reach out to school staff such as your teacher or school counsellor*
2. **Kids Help Line:** 1.800.668.6868 or text **CONNECT** to 686868
3. **Fraser Health Crisis Line:** 604.951.8855 or 1.877.820.7444 (toll-free)
4. [www.erase.gov.bc.ca](http://www.erase.gov.bc.ca)
5. [www.foundrybc.ca](http://www.foundrybc.ca)
6. [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)