



Understanding Optimum Stress

Most students experience mild to moderate stress during their final years of secondary school, particularly as they prepare for their end of year exams. In moderation, stress can be a constructive response to help enhance performance. To achieve this, it is first essential to understand optimum stress.

BALANCING STRESS

Too much stress for too long can be debilitating (**chronic stress**), while too little stress can also be unhelpful. A good balance of stress will ultimately relate to an individual's ability to cope.

THE STRESS RESPONSE IS CONTROLLED BY:

- **SYMPATHETIC NERVOUS SYSTEM:** Releases energy and prepares the body for fight or flight.
- **PARASYMPATHETIC NERVOUS SYSTEM:** Returns the body to a relaxed state.

