

Close Companions: Online Relationship Academy

Course: Managing Stress Together

Lesson Three: Dealing with Personal Stress

Part 3: Distinguishing Between Healthy and Unhealthy Stress

Objectives for this lesson

1. Be able to distinguish between healthy and unhealthy coping behaviors.
2. Have greater awareness of your own and your partner's stress management patterns, both positive and negative.
3. Experience encouragement about the things you're doing right.
4. Identify areas of potential growth in your coping behaviors.
5. Give and receive partner encouragement about your desires for growth.

Unhealthy Stress

- Accumulated stress
- Toxic stress
- Overwhelmed stress
- Intensity stress
- Unrelenting stress

Healthy Stress

- Physical pain
- Mental pressure
- Difficult emotions
- Social pressure
- Conscience