

# A LITTLE STRESS IS A BIG HELP

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Caffeine-fuelled, pressure-filled individuals are a common sight. With all the concerns the world offers, stress is a part of anyone's daily grind as hassles, frustrations, demands, and expectations are in great numbers whether consciously or subconsciously. Stress can be both helpful and harmful. For some, where stress is allowed to get away from them and get the best of them, stress is a nuisance that may result in changes in moods, aches, and pains. As a normal physical response, stress is a disguise of protection as it may push one to be more conscious and indeed there is something that needs to be dealt with and in turn, allows the brain to start doing its task.

Stress has its benefits, as one associate professional has done in the research expressed that some amounts of stress are good to push you just to the level of optimal alertness, and behavioral, and cognitive performance.

Another benefit of stress is that it can jump-start the flow of ideas and as one Pennsylvania-based psychologist said, "Stress often precedes and accompanies creative breakthroughs". She adds, "That if our minds are relaxed, they don't need a reason to see things differently. We are likely to feel an increase in stress when we hit a new path because change is typically associated with new stress. Your creative output feels intimidating because it is different for you and you don't know how others will react to it".

Stress as shown in studies has also been recorded to improve the immune system and it helps improve how the heart works and provides protection to the body from infection. This is the kind of stress identified as good stress. The kind of stress that is beneficial.

Outlook and perception play a major role as to how stress affects the body and the person. When one chooses to look at it positively, stress may not be that bad at all. Its benefits if put to proper perspective even act as leverage to fill one's cup and help one plate from overflowing.