

### Editor's Desk



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### THE CIRCUS OF INCAPACITATING STRESS AND GERMINATING EUSTRESS.

The current hot potato of contemporaneous society is the buzzword of Stress. Even junior school children these days bellyache about stress.

**Stress** can be **defined** as any type of change that causes physical, emotional, or psychological strain. Not all stress is the same.

The other side of the coin of Bad Stress (Distress) is Good Stress or Positive Stress.

***A positive form of stress having a beneficial effect on health, motivation, performance, and emotional well-being is called Eustress.***

#### ***What is the difference between eustress and distress?***

Eustress is perceived as positive, beneficial, and as a challenge while distress is associated with threats or negative outcomes. Eustress may help improve one's focus and motivate people to take on new challenges, while distress can lead to anxiety, fear, and other negative emotions.

Beginning a new assignment, being involved in a relationship, parenting, excitement of a roller-coaster ride, or a fun challenge, Mountaineering, Traveling can also create eustress. In some instances, distress can transform into eustress. For example, a job loss or breakup might initially be upsetting, but it may be perceived as an opportunity for change and growth over time.

#### ***Eustress may:***

- Help to concentrate and focus
- Encourage to take on new challenges
- Motivate to pursue goals,
- Help to feel more resilient in the face of challenges
- Give meaning and purpose to life
- Help to feel healthier and happier

*These are some of the strategies that can help one to look at events as challenges rather than threats:*

**Positive self-talk** can be done by making an effort to tell yourself that these are challenges you can cope with.



## *The Medical* **Bulletin**

***Focus on what you can control*** rather than what might go wrong can help you feel more positive about the challenges you face.

***Adjust your mindset*** and approaching stress as a challenge whenever possible, you can manage these challenges with greater resilience.

Balance is essential. A certain amount of eustress can help you feel happier and boost your well-being, but too much might mean you are neglecting other important areas of your life, including self-care and relaxation.

The unpleasant adverse sequelae of modern-day stresses are well propounded and of universal knowledge. It is doomsday for those of us both in the medical community and the dilettante to accept its prevalence amongst us and take steps to exit or moderate its intensity.

EUSTRESS (GOOD STRESS) though in existence for ages, it has been hiding behind clouds and it is time to illuminate it. Among our rank and file in the medical community, it is considered a stigma to concede stress, anxiety, and burnout. We were not taught in medical schools about how to neutralize Stress and learn from others who have built or acquired EUSTRESS capabilities. We are also reticent about owning up to it and seeking a remedy.

Peering through the ambiance of EUSTRESS and Distress, we are exposed to a multitude of practical measures to tide over it. Among them are stonewalling or caging the provocateurs of stress, diarying them, stress-provoking thought annihilation, buddying with positive people, acceptance of what it is not possible to control in the world, setting a deadline for its emancipation, and focussing on our needs and goals are of prime features. Dedicated attempts at morphing Bad Stress into EUSTRESS with a view to releasing endorphins and happy hormones can be facilitated by finding time to relax, exercising daily, meditation, and a healthy diet with enough sleep. It will go miles to burnt-out professionals who are buried under work. One best example for eustress is one of my friends a cardiologist who enjoys teaching and giving lectures hours together with no stress. Taking intermittent sabbaticals with a view to studying, updating knowledge, and taking holidays and hobbies will pave the way towards incinerating bad stress. Learning from the go-getters and achievers with a calm relaxed mental attitude would certainly help. We can even include a chapter in medical textbooks and curricula about this to cultivate EUSTRESS and arrange seminars and webinars.

***“Let us learn to enjoy our work and be passionate  
towards adventures in life to be Estressfull”***

***Best wishes***

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