

STRESS: FRIEND OR FOE?

Stress has a bad reputation, but it is not always the enemy. In the right measure, it can sharpen your attention, increase your energy, and help you prepare for something that matters. It can act like pressure in a system: too little and nothing moves, enough and the system works, too much for too long and strain begins to build.

That is often where useful stress turns into overwhelm. Instead of helping you respond, your mind starts circling the same worries and ‘what ifs’, while your body continues reacting as though the pressure is still useful.

The difficulty is that both kinds of stress can feel intense, which is why awareness matters.



Instead of asking, “How do I get rid of stress?” try asking, **“What is this energy doing for me right now?”**

Is it helping you focus, prepare, or take action? Or are you simply repeating the same thought loop without moving any closer to a solution?

That question creates a little space between you and the reaction. In that space, you regain choice.

Sometimes the best use of stress is to channel it into preparation, movement, problem-solving, or constructive action. At other times, the wiser response is to pause, breathe, step back, and stop feeding the mental loop that is draining your energy.

The goal is not to become stress-free. It is to understand your own internal pressure gauge well enough to recognize when your energy is working for you, when it is working with you, and when it has started working against you.

Once you can read that gauge more clearly, you can begin adjusting how you respond instead of simply being driven by the pressure.

If this distinction resonates with you, notice where else in your life your energy may be helping you move forward, and where it may be quietly working against you. Greater awareness gives you more choice in what happens next.

Stress can be powerful fuel. The skill is recognizing when it is driving you forward and when it is simply burning you out.