Motivation and Emotion Journal

Journal Entry 1: Stress and Health

What do you think are the **positives** of experiencing stress? What positive purpose does it serve for your body and well-being?

What’s an example from your life of how stress impacted you positively?

What do you think are the **negatives** of experiencing stress? How can it harm your body and well-being?

What’s an example from your life of how stress impacted you negatively?