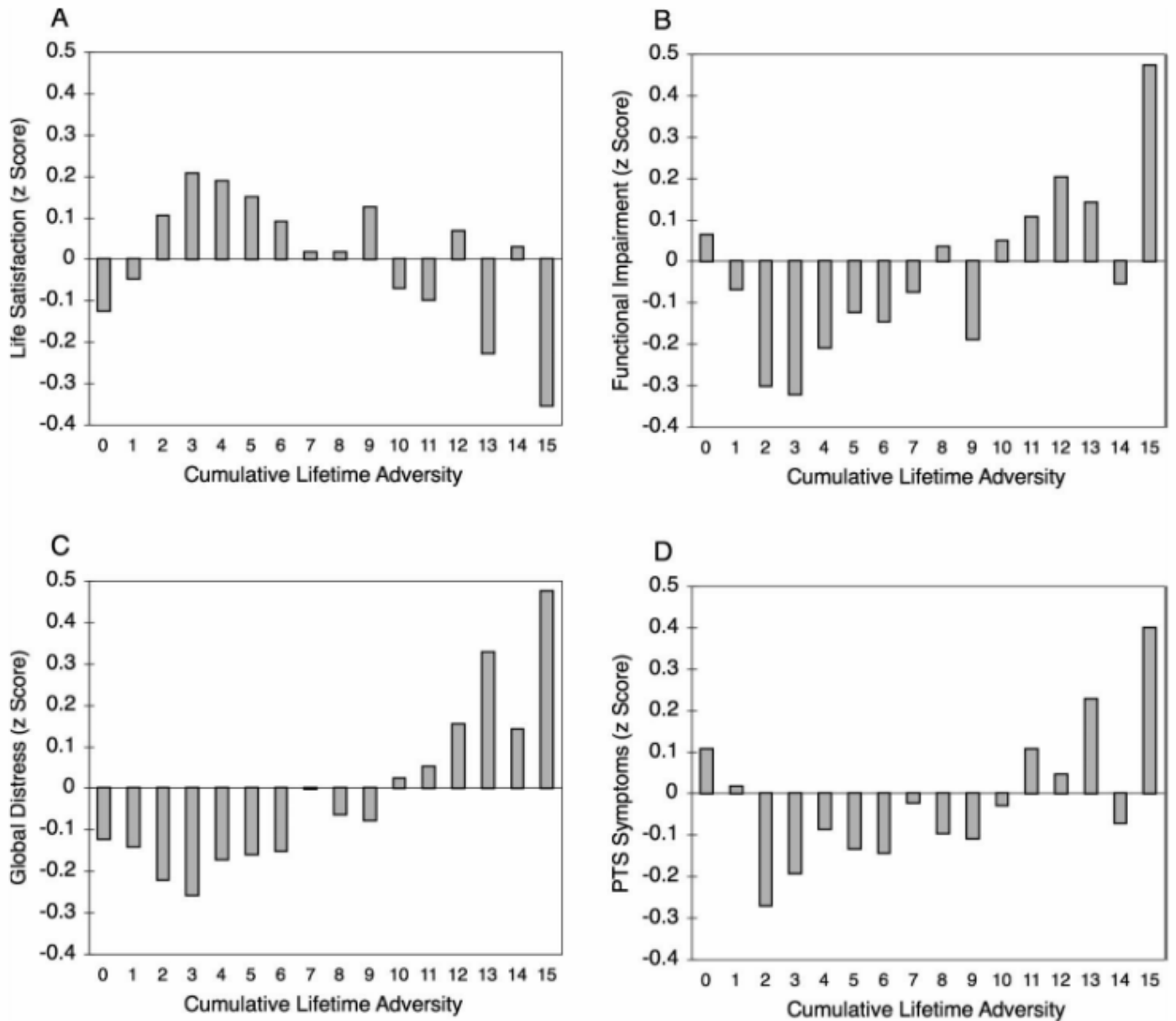


# Cultivating a Different Perspective on Stress

## Recent Research



**Figure 2.** The mean value of four standardized mental health and well-being outcomes at each discrete level of cumulative lifetime adversity count. “15” represents a count of 15 or higher. Mean values reflect the mean of each outcome across Waves 2–4. Life satisfaction is positively valenced. PTS = posttraumatic stress.

Source: Seery, M. D., Holman, E. A., & Silver, R. C. (2010). Whatever does not kill us: cumulative lifetime adversity, vulnerability, and resilience. *Journal of personality and social psychology*, 99(6), 1025.

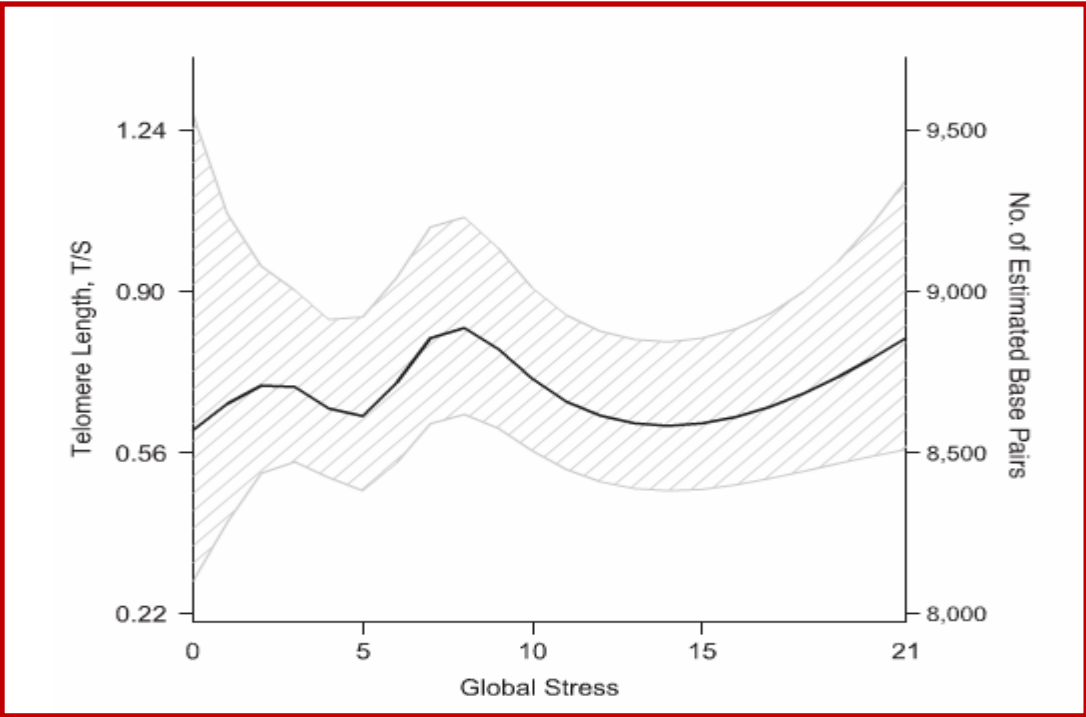


Figure on left,  
Source: Litzelman  
2013

Figure below,  
Source: Crum 2015

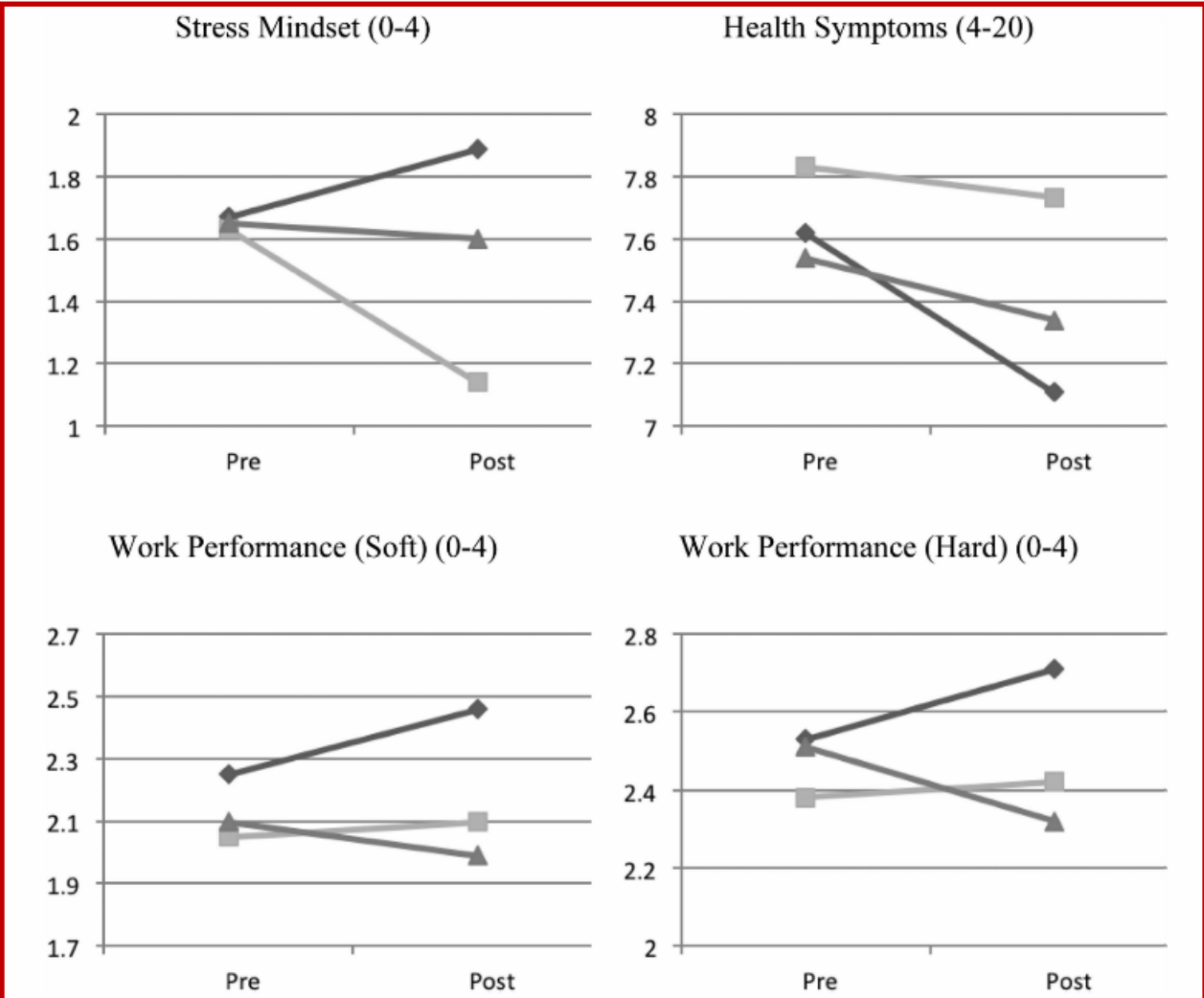


Figure 3. Changes in stress mindset, health symptoms, and work performance over time as a function of condition. Dark gray lines with diamond points represent participants in enhancing condition. Medium gray lines with triangle points represent participants in the control condition. Light gray lines with square points represent participants in the debilitating condition.

# Cultivating a Different Perspective on Stress

## Resources

Stanford University

**Stanford** | SPARQ  
Social Psychological Answers to Real-world Questions

NEWS ▾ ACTION AREAS ▾ SOLUTIONS PEOPLE ABOUT ▾

## To Work Better, Rethink Stress



PROBLEM AREA:  
HEALTH

### Problem

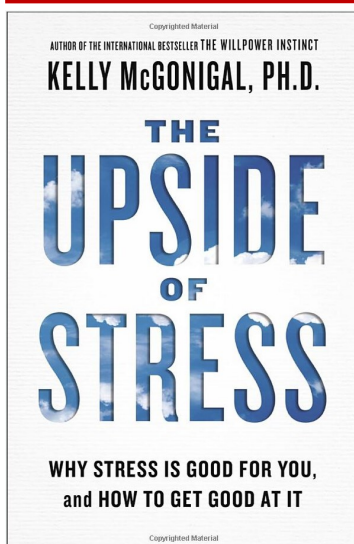
People stress out about stress.

### Solution

Thinking about the benefits of stress can improve your response to stress...

To access the course directly, use this link:

[https://stanforduniversity.qualtrics.com/SE/?SID=SV\\_0qWw4Vt1XKdooeh](https://stanforduniversity.qualtrics.com/SE/?SID=SV_0qWw4Vt1XKdooeh)



*The Upside of Stress* is the first book to bring together cutting-edge discoveries on the correlation between resilience—the human capacity for stress-related growth—and mind-set, the power of beliefs to shape reality. As she did in *The Willpower Instinct*, McGonigal combines science, stories, and exercises into an engaging and practical book that is both entertaining and life-changing, showing you:

how to cultivate a mind-set to embrace stress

- how stress can provide focus and energy
- how stress can help people connect and strengthen close relationships
- why your brain is built to learn from stress, and how to increase its ability to learn from challenging experiences

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