

If a stressful event is planned or unplanned does it make it less stressful?

When I read the question above, my first thought is of course a planned stressful event is less stressful. Then I reread my answer to it, and it affirms- I am wrong!!!

### **Stress is stress- planned or not**

Thinking back, I can think of so many different planned stressful events (graduation, prom, picking a college, going to College, moving out, getting a “real” job, getting married, having a baby and so much more). One thing that sticks in my head about these times is the more the stress increased, the more I just wanted the event over with. Having these types of feelings during such amazing events could make me miss out on the joy as well.