

Stress Management Stratford

Stress Management Stratford - A lot of individuals do not deal with particular stress levels in productive ways. Stress is presently pervasive in our busy lifestyles. It could manifest as an automatic overreaction of the nervous system in part to a perceived external or internal threat. In response to the threat, the brain sends a message to the adrenal glands to dump stress chemicals and this causes a wide range of affects on the body. Some of these effects comprise: an increased availability of lipids and blood sugar, increased heart rate and blood flow, dilation of the pupils and constriction of blood vessels under the skin.

These biochemical responses are part of the "fight or flight" response getting individuals ready to either fight a perceived threat or run away from it. In caveman times, these body responses were very useful. Today, thankfully, we typically do not need to flee or fight in order to survive regularly. These responses kick in during an emergency or life-threatening situation. Since the body is hard wired with this response, it automatically takes place as a result of whatever "perceived" threat. If a person has lots of worries or a lot of responsibilities, they may be running on stress a good portion of the time. With every phone call from the in-laws, each traffic jam or unnerving segments of the evening news, they could automatically launch into emergency mode. The issue with the stress response is that the more frequently it is activated, the more difficult it becomes to shut off. After the crisis has passed, rather than leveling off, your blood pressure, heart rate and stress hormones all remain elevated.

Stress takes a heavy toll on the body, especially with repeated or extended activation. Prolonged exposure to stress could increase your risk of anxiety, infection, obesity, memory problems, heart disease and depression among others. It is vital to your health to know ways to deal with stress in a more positive manner and learn how to lessen its effect on your every day life; or else the widespread damage it could result in could prove very dangerous to your health.

In order to maintain ones wellbeing and health, managing your stress levels is very essential. One major factor to the majority of visits to the doctor is a result of stress. Several individuals even claim stress as among the root causes to numerous ailments. There are numerous different methods to Stress Management. For example, it can include supplements, enhanced food intake, visualization, exercise, herbal medicines, relaxation techniques such as meditation, tai chi, deep breathing, yoga, et cetera, assertiveness training, and affirmations. A common method of Stress Management is analyzing thought patterns and correcting cognitive distortions. Amongst the major aspects of Stress Management is to be able to change our perception of the external environment so that the issues we encounter do not seem to pose a threat.