

## Stress Management St. John's

Stress Management St. John's - Unfortunately, lots of people do not deal with stress in a beneficial manner. Presently, stress is pervasive in our society. It relates to the automatic overreaction of a part of the nervous system to a perceived threat from inside or outside the individual. In response to the threat, the brain sends a message to the adrenal glands to dump stress chemicals and this results in a wide range of affects on the body. A few of these effects comprise: an increased heart rate and blood flow, dilation of the pupils, constriction of blood vessels under the skin and increased availability of lipids and blood sugar.

These biochemical responses are part of the "fight or flight" response getting individuals prepared to either fight a perceived threat or run away from it. In caveman times, these body responses were extremely helpful. Nowadays, fortunately, we typically do not need to fight or flee to be able to survive on a regular basis. These responses kick in during an emergency or life-threatening situation. As the body is hard wired with this response, it automatically occurs as a result of whichever "perceived" threat. If a person has many worries or a lot of responsibilities, they could be running on stress most of the time. With each phone call from the in-laws, each and every traffic jam or unnerving segments of the evening news, they could instinctively launch into emergency mode. The issue with the stress response is that the more often it is activated, the more difficult it becomes to shut off. When the crisis has passed, instead of leveling off, your stress hormones, blood pressure and heart rate all remain elevated.

Elevated levels of stress can take its toll on the body, especially if the stress is extended or repeated. Extended or prolonged stress could increase chances to various health concerns such as memory problems, heart disease, depression, anxiety, infection and obesity amongst others. It is vital to your health to learn how to cope with stress in a more constructive way and learn ways to lessen its effect on your daily life; if not the widespread damage it could result in could prove extremely dangerous to your health.

Managing stress is among the most essential elements in maintaining ones' health and wellbeing. Stress is an essential factor in nearly all of the visits to the doctor's office. Various individuals claim it is one of the root causes to lots of ailments. There are numerous various methods to Stress Management. Like for example, it could include work out, herbal medicines, supplements, improved food intake, visualization, relaxation techniques like yoga, meditation, deep breathing, tai chi, and so on, affirmations and assertive training. A common way of Stress Management is correcting cognitive distortions and analyzing thought patterns. One of the main aspects of Stress Management is to be able to alter our perception of the external environment so that the problems we come across do not seem to pose a threat.