

Stress Management Brandon

Stress Management Brandon - Unfortunately, lots of us do not handle stress in a constructive manner. At present, stress is pervasive in our society. It relates to the automatic overreaction of a part of the nervous system to a perceived threat from outside or inside the person. In response to the threat, the brain sends a message to the adrenal glands to dump stress chemicals and this causes various affects on the body. A few of these effects include: 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 people prepared to either fight a perceived threat or run away from it. In caveman times, these body responses were really helpful. Now, luckily, we typically do not have to flee or fight in order to survive on a regular basis. These responses kick in during an emergency or life-threatening situation. In view of the fact that the body is hard wired with this response, it unconsciously occurs as a result of any "perceived" threat. If a person has numerous worries or many responsibilities, they might be running on stress most of the time. With every phone call from the in-laws, each and every traffic jam or unnerving segments of the evening news, they might unconsciously launch into emergency mode. The problem with the stress response is that the more often it is activated, the more difficult it becomes to shut off. Once the crisis has passed, rather than leveling off, your stress hormones, blood pressure and heart rate all remain elevated.

Stress takes a heavy toll on the body, specially with repeated or extended activation. Prolonged exposure to stress could increase your possibility of infection, obesity, memory problems, heart disease, depression and anxiety amongst others. It is very important to your health to know ways to handle stress in a more positive way and know ways to lessen its effect on your daily life; or else the widespread damage it can lead to could prove really dangerous to your health.

To be able to maintain ones wellbeing and health, managing your stress levels is extremely significant. One major factor to the majority of visits to the doctor is a result of stress. Some people even claim stress as among the root causes to numerous illnesses. There are a variety of various approaches to Stress Management. Like for instance, it can consist of visualization, work out, herbal medicines, supplements, enhanced diet, relaxation techniques like yoga, meditation, deep breathing, tai chi, et cetera, assertiveness training, and affirmations. A popular technique of Stress Management is correcting cognitive distortions and analyzing thought patterns. One of the main aspects of Stress Management is to be able to change our perception of the external environment so that the issues we come across do not seem to pose a threat.