

Stress Management Sudbury

Stress Management Sudbury - Sadly, a lot of individuals do not deal with stress in a productive way. At present, stress is pervasive in our culture. It relates to the automatic overreaction of a part of the nervous system to a perceived threat from inside or outside 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 constriction of blood vessels under the skin, increased availability of lipids and blood sugar, increased heart rate and blood flow and dilation of the pupils.

Biochemical responses are part of the bodies "fight or flight" response mechanism to ready us to either fight or run from the perceived threat. Now, we do not need to fight nor flee so as to survive. These responses kick in in an emergency or life-threatening situation. Because the body is hard wired with this response, it automatically occurs as a result of any "perceived" threat. If a person has lots of worries or a lot of responsibilities, they may be running on stress most 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 often it is activated, the harder it becomes to shut off. After the crisis has passed, instead of leveling off, your heart rate, stress hormones and blood pressure all remain elevated.

Stress takes a heavy toll on the body, especially with extended or repeated activation. Prolonged exposure to stress can increase your chance of anxiety, infection, obesity, memory problems, heart disease and depression among others. It is very important to your health to know ways to cope with stress in a more positive way and learn how to lessen its effect on your every day life; otherwise the widespread damage it can lead to can prove extremely dangerous to your health.

Managing stress is amongst the most important elements in maintaining ones' health and wellbeing. Stress is an important factor in most of the visits to the doctor's office. Various people claim it is amongst the root causes to numerous ailments. There are many different methods to Stress Management. For example, it could include herbal medicines, supplements, enhanced diet, visualization, work out, relaxation methods like for instance deep breathing, yoga, meditation, tai chi, and so forth, affirmations and assertive training. A popular technique of Stress Management is analyzing thought patterns and correcting cognitive distortions. 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.