

## Stress Management Owen Sound

Stress Management Owen Sound - Unfortunately, many of people do not handle stress in a constructive 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 a wide range of affects on the body. Some of these effects consist of: an dilation of the pupils, constriction of blood vessels under the skin, increased availability of lipids and blood sugar and increased heart rate and blood flow.

Biochemical responses are part of the bodies "fight or flight" response mechanism to ready people to either run or fight from the perceived threat. Nowadays, we do not have to flee nor fight to be able to survive. These responses kick in during an emergency or life-threatening situation. For the reason that the body is hard wired with this response, it automatically occurs as a result of whatever "perceived" threat. If an individual has lots of worries or a lot of responsibilities, they might 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 may 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. After the crisis has passed, instead of leveling off, your blood pressure, heart rate and stress hormones 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 can increase possibilities to several health problems like for instance obesity, memory problems, heart disease, depression, anxiety and infection among others. It is very important to your health to know how to handle stress in a more helpful manner and know how to reduce its effect on your every day life; otherwise the widespread damage it can cause could prove extremely dangerous to your health.

Managing stress is one of the most vital elements in maintaining ones' well being and stress. Stress is a major factor in most of the visits to the doctor's office. Several individuals claim it is one of the root causes to lots of illnesses. There are a variety of various approaches to Stress Management. For example, it could involve visualization, work out, herbal medicines, supplements, better nutritional regime, relaxation methods such as yoga, meditation, deep breathing, tai chi, and that, assertiveness training, and affirmations. A common method of Stress Management is analyzing thought patterns and correcting cognitive distortions. Among the major aspects of Stress Management is to alter our perception of the external environment so that the concerns we encounter do not seem to pose a threat.