

Stress Management Timmins

Stress Management Timmins - Many people do not deal with particular stress levels in constructive ways. Stress is presently pervasive in our busy lifestyles. It can manifest as an automatic overreaction of the nervous system in part to a perceived internal or external threat. In response to the threat, the brain sends a message to the adrenal glands to dump stress chemicals and this leads to different affects on the body. A few of these effects include: 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.

These biochemical responses are part of the "fight or flight" response getting people ready to either run away from a perceived threat or fight it. In caveman times, these body responses were extremely effective. These days, thankfully, we normally do not have to flee or fight in order to survive regularly. 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 automatically occurs as a result of whichever "perceived" threat. If a person has many worries or lots of responsibilities, they might 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 might 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. As soon as 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, specially if the stress is repeated or extended. Extended or prolonged stress can increase risks to lots of health concerns such as anxiety, infection, obesity, memory problems, heart disease and depression amongst others. It is very important to your health to know how to deal with stress in a more constructive way and learn how to lessen its impact on your daily life; or else the widespread damage it could cause could prove very dangerous to your health.

In order to maintain ones wellbeing and health, managing your stress levels is extremely important. One major factor to nearly all visits to the doctor is a result of stress. Some people even claim stress as one of the root causes to several illnesses. There are many various techniques to Stress Management. Like for instance, it could include exercise, herbal medicines, supplements, enhanced diet, visualization, relaxation techniques like meditation, tai chi, deep breathing, yoga, and all that, assertiveness training, and affirmations. 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 change our perception of the external environment so that the problems we come across do not seem to pose a threat.