

## Stress Management Prince George

Stress Management Prince George - Sadly, many of people do not deal with stress in a beneficial manner. Currently, stress is pervasive in our culture. It relates to the automatic overreaction of a part of the nervous system to a perceived threat from outside or inside the individual. In response to the threat, the brain sends a message to the adrenal glands to dump stress chemicals and this causes different affects on the body. A few of these effects comprise: 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.

Biochemical responses are part of the bodies "fight or flight" response mechanism to ready individuals to either fight or run from the perceived threat. Today, we do not have to fight nor flee so as to survive. These responses kick in during a life-threatening or an emergency situation. Since the body is hard wired with this response, it instinctively occurs as a result of any "perceived" threat. If a person has lots of worries or a lot of responsibilities, they could be running on stress most of the time. With every phone call from the in-laws, every traffic jam or unnerving segments of the evening news, they can automatically 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. Once 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, specially with repeated or extended activation. Prolonged exposure to stress can increase your possibility of depression, anxiety, infection, obesity, memory problems and heart disease among others. It is vital to your health to know how to cope with stress in a more helpful manner and learn ways to reduce its effect on your daily life; or else the widespread damage it could lead to could prove very dangerous to your health.

Managing stress is one of the most important elements in maintaining ones' health and wellbeing. Stress is a major factor in nearly all of the visits to the doctor's office. Some people claim it is among the root causes to a lot of sicknesses. There are a lot of different approaches to Stress Management. For instance, it could comprise enhanced diet, visualization, exercise, herbal medicines, supplements, relaxation techniques like for instance deep breathing, yoga, meditation, tai chi, etc, assertiveness training, and affirmations. A popular way of Stress Management is correcting cognitive distortions and analyzing thought patterns. One of the major aspects of Stress Management is to be able to alter our perception of the external environment so that the issues we encounter do not seem to pose a threat.