

## Stress Management Charlottetown

Stress Management Charlottetown - A lot of individuals do not deal with particular stress levels in constructive ways. Stress is presently pervasive in our hectic lifestyles. It can manifest as an automatic overreaction of the nervous system in part to a perceived external or internal threat. 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. Some of these effects consist of: 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 prepare people to either run or fight from the perceived threat. Now, we do not need to flee nor fight so as to survive. These responses kick in during a life-threatening or an emergency situation. In view of the fact that the body is hard wired with this response, it instinctively takes place as a result of any "perceived" threat. If a person has numerous worries or lots of responsibilities, they could be running on stress a good portion of the time. With every phone call from the in-laws, every traffic jam or unnerving segments of the evening news, they could automatically launch into emergency mode. The problem 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, rather than leveling off, your blood pressure, heart rate and stress hormones all remain elevated.

Stress takes a heavy toll on the body, particularly with repeated or extended activation. Prolonged exposure to stress can increase your risk of depression, anxiety, infection, obesity, memory problems and heart disease among others. It is essential to your health to learn ways to deal with stress in a more helpful way and know how to lessen its effect on your daily life; otherwise the widespread damage it can result in could prove really dangerous to your health.

Managing stress is one of the most significant elements in maintaining ones' health and wellbeing. Stress is an essential factor in nearly all of the visits to the doctor's office. Various individuals claim it is one of the root causes to lots of ailments. There are many various approaches to Stress Management. For instance, it could comprise exercise, herbal medicines, supplements, enhanced diet, visualization, relaxation methods like deep breathing, yoga, meditation, tai chi, and that, affirmations and assertive training. A popular technique of Stress Management is analyzing thought patterns and correcting cognitive distortions. Among the main aspects of Stress Management is to be able to change our perception of the external environment so that the issues we experience do not seem to pose a threat.