

## Stress Management Regina

Stress Management Regina - Many people do not handle 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 leads to different affects on the body. A few of these effects comprise: 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.

These biochemical responses are part of the "fight or flight" response getting individuals prepared to either run away from a perceived threat or fight it. In caveman times, these body responses were very helpful. These days, thankfully, we typically do not have to fight or flee in order to survive regularly. These responses kick in during a life-threatening or an emergency situation. Because the body is hard wired with this response, it unconsciously happens as a result of whatever "perceived" threat. If a person has many worries or many responsibilities, they could be running on stress a good portion of the time. With every phone call from the in-laws, each and 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 harder it becomes to shut off. As soon as the crisis has passed, instead of leveling off, your stress hormones, blood pressure and heart rate all remain elevated.

Elevated levels of stress could take its toll on the body, especially if the stress is repeated or extended. Extended or prolonged stress can increase possibilities to many health concerns such as infection, obesity, memory problems, heart disease, depression and anxiety amongst others. It is essential to your health to know how to cope with stress in a more positive way and learn how to lessen its impact on your daily life; if not the widespread damage it can cause could prove very dangerous to your health.

Managing stress is amongst the most vital elements in maintaining ones' well being and stress. Stress is an essential factor in nearly all of the visits to the doctor's office. Several people claim it is amongst the root causes to a lot of sicknesses. There are many various methods to Stress Management. For example, it can include enhanced nutritional regime, visualization, exercise, herbal medicines, supplements, relaxation techniques like for instance yoga, meditation, deep breathing, tai chi, et cetera, affirmations and assertive training. A common way of Stress Management is correcting cognitive distortions and analyzing thought patterns. Amongst the major aspects of Stress Management is to be able to change our perception of the external environment so that the concerns we experience do not seem to pose a threat.