

Stress Management Abbotsford

Stress Management Abbotsford - Unfortunately, a lot of people do not handle stress in a beneficial manner. Now, stress is pervasive in our society. 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 results in a wide range of affects on the body. Some of these effects consist of: an increased heart rate and blood flow, dilation of the pupils, constriction of blood vessels under the skin and increased availability of lipids and blood sugar.

Biochemical responses are part of the bodies "fight or flight" response mechanism to prepare people to either fight or run from the perceived threat. Now, we do not need to flee nor fight to be able to survive. These responses kick in in an emergency or life-threatening situation. Because the body is hard wired with this response, it unconsciously happens as a result of whatever "perceived" threat. If a person has numerous worries or a lot of responsibilities, they might be running on stress a good portion of the time. With each and every phone call from the in-laws, every traffic jam or unnerving segments of the evening news, they might 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. When 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. Prolonged or extended stress can increase chances to lots of health problems like for instance memory problems, heart disease, depression, anxiety, infection and obesity among others. It is vital to your health to learn how to handle stress in a more constructive manner and learn ways to reduce its effect on your every day life; otherwise the widespread damage it can cause can prove really dangerous to your health.

Managing stress is among the most vital elements in maintaining ones' well being and stress. Stress is an important factor in the majority of the visits to the doctor's office. Some individuals claim it is one of the root causes to many sicknesses. There are many different methods to Stress Management. For example, it could consist of supplements, enhanced food intake, visualization, exercise, herbal medicines, relaxation techniques such as deep breathing, yoga, meditation, tai chi, etc, affirmations and assertive training. A common technique of Stress Management is analyzing thought patterns and correcting cognitive distortions. One of the major aspects of Stress Management is to alter our perception of the external environment so that the concerns we experience do not seem to pose a threat.