

Stress Management Moncton

Stress Management Moncton - Unfortunately, a lot of people do not deal with stress in a productive 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 inside or outside the individual. 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. Some of these effects comprise: 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 ready individuals to either fight or run from the perceived threat. Now, we do not have to fight nor flee to be able to survive. These responses kick in during a life-threatening or an emergency situation. As the body is hard wired with this response, it unconsciously happens as a result of whichever "perceived" threat. If a person has lots of worries or a lot of responsibilities, they may be running on stress a good portion of the time. With each and every phone call from the in-laws, each and every traffic jam or unnerving segments of the evening news, they could instinctively 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. When the crisis has passed, rather than leveling off, your stress hormones, blood pressure and heart rate all remain elevated.

Elevated levels of stress can take its toll on the body, especially if the stress is extended or repeated. Prolonged or extended stress can increase chances to various health concerns including infection, obesity, memory problems, heart disease, depression and anxiety among others. It is essential to your health to learn ways to cope with stress in a more helpful manner and know how to reduce its effect on your daily life; if not the widespread damage it could result in can prove really dangerous to your health.

So as to maintain ones health and wellbeing, managing your stress levels is extremely vital. One major factor to nearly all visits to the doctor is a result of stress. Various individuals even claim stress as amongst the root causes to numerous sicknesses. There are a variety of various techniques to Stress Management. For instance, it can include supplements, enhanced nutritional regime, visualization, workout, herbal medicines, relaxation techniques like for example yoga, meditation, deep breathing, tai chi, and so on, affirmations and assertive training. A common method of Stress Management is correcting cognitive distortions and analyzing thought patterns. Among the main aspects of Stress Management is to alter our perception of the external environment so that the problems we encounter do not seem to pose a threat.