

## Stress Management Windsor

Stress Management Windsor - Unfortunately, lots of individuals do not handle stress in a constructive way. Presently, stress is pervasive in our culture. It relates to the automatic overreaction of a part of the nervous system to a perceived threat from inside or outside the person. 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 comprise: an dilation of the pupils, constriction of blood vessels under the skin, increased availability of lipids and blood sugar and increased heart rate and blood flow.

These biochemical responses are part of the "fight or flight" response getting people prepared to either run away from a perceived threat or fight it. In caveman times, these body responses were extremely effective. These days, fortunately, we usually do not have to flee or fight to be able to survive regularly. These responses kick in in a life-threatening or an emergency situation. Because the body is hard wired with this response, it unconsciously happens as a result of any "perceived" threat. If a person has many worries or a lot of responsibilities, they can be running on stress most of the time. With each 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 more difficult 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, particularly if the stress is extended or repeated. Extended or prolonged stress could increase possibilities to several health concerns including anxiety, infection, obesity, memory problems, heart disease and depression among others. It is vital to your health to learn how to deal with stress in a more constructive way and know ways to reduce its effect on your every day life; if not the widespread damage it could result in can prove extremely dangerous to your health.

Managing stress is one of the most vital elements in maintaining ones' health and wellbeing. 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 a lot of illnesses. There are numerous different approaches to Stress Management. For instance, it can comprise herbal medicines, supplements, improved diet, visualization, work out, relaxation techniques like for example deep breathing, yoga, meditation, tai chi, etc, affirmations and assertive training. A popular technique of Stress Management is correcting cognitive distortions and analyzing thought patterns. Among the major aspects of Stress Management is to change our perception of the external environment so that the concerns we come across do not seem to pose a threat.