

Stress Management Saskatoon

Stress Management Saskatoon - Sadly, many of us do not deal with stress in a constructive way. Presently, 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 include: 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 ready us to either fight or run from the perceived threat. Nowadays, we do not have to flee nor fight to be able to survive. These responses kick in in an emergency or life-threatening situation. Since the body is hard wired with this response, it instinctively happens as a result of whichever "perceived" threat. If an individual has many worries or many responsibilities, they might be running on stress a good portion of the time. With each and every phone call from the in-laws, each traffic jam or unnerving segments of the evening news, they may 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. After 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, specially with repeated or extended activation. Prolonged exposure to stress could increase your possibility of heart disease, depression, anxiety, infection, obesity and memory problems amongst others. It is essential to your health to know ways to cope with stress in a more helpful way and learn ways to reduce its effect on your daily life; if not the widespread damage it can result in could prove extremely dangerous to your health.

To be able to maintain ones wellbeing and health, managing your stress levels is really significant. One major factor to most visits to the medical doctor is a result of stress. Various individuals even claim stress as amongst the root causes to numerous ailments. There are a lot of different approaches to Stress Management. For example, it could consist of better diet, visualization, exercise, herbal medicines, supplements, relaxation techniques like yoga, meditation, deep breathing, tai chi, et cetera, affirmations and assertive training. A common technique of Stress Management is correcting cognitive distortions and analyzing thought patterns. Amongst the main aspects of Stress Management is to be able to alter our perception of the external environment so that the concerns we experience do not seem to pose a threat.