

Stress Management Halifax

Stress Management Halifax - Sadly, a lot of individuals do not handle stress in a beneficial way. At present, stress is pervasive in our culture. 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 leads to different 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 run or fight from the perceived threat. Now, we do not have to flee nor fight to be able to survive. These responses kick in during an emergency or life-threatening situation. As the body is hard wired with this response, it automatically takes place as a result of whatever "perceived" threat. If an individual has numerous 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 can unconsciously 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.

Stress takes a heavy toll on the body, particularly with extended or repeated activation. Prolonged exposure to stress can increase your risk of depression, anxiety, infection, obesity, memory problems and heart disease amongst others. It is vital to your health to learn how to handle stress in a more helpful way and know how to lessen its effect on your every day life; if not the widespread damage it could cause could prove really dangerous to your health.

Managing stress is amongst the most vital elements in maintaining ones' health and wellbeing. Stress is a major factor in the majority of the visits to the doctor's office. Several people claim it is one of the root causes to a lot of illnesses. There are a variety of various methods to Stress Management. Like for instance, it can consist of visualization, work out, herbal medicines, supplements, improved diet, relaxation techniques such as tai chi, deep breathing, yoga, meditation, et cetera, 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 problems we experience do not seem to pose a threat.