

## Stress Management Kitchener

Stress Management Kitchener - Sadly, lots of us do not handle stress in a constructive manner. 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 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 causes different affects on the body. A few of these effects include: 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 us prepared to either fight a perceived threat or run away from it. In caveman times, these body responses were really effective. Now, fortunately, we normally do not have to flee or fight in order to survive regularly. These responses kick in in an emergency or life-threatening situation. Because the body is hard wired with this response, it automatically happens as a result of whichever "perceived" threat. If an individual has lots of worries or numerous responsibilities, they may be running on stress most of the time. With each and every phone call from the in-laws, every traffic jam or unnerving segments of the evening news, they could automatically 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. After the crisis has passed, instead of leveling off, your heart rate, stress hormones and blood pressure all remain elevated.

Stress takes a heavy toll on the body, specially with repeated or extended activation. Prolonged exposure to stress could increase your risk of memory problems, heart disease, depression, anxiety, infection and obesity amongst others. It is vital to your health to know ways to handle stress in a more positive way and learn how to lessen its effect on your daily life; otherwise the widespread damage it can result in can prove really dangerous to your health.

Managing stress is amongst the most essential elements in maintaining ones' well being and stress. Stress is an important factor in most of the visits to the doctor's office. Various individuals claim it is among the root causes to many ailments. There are many various techniques to Stress Management. Like for instance, it could include visualization, exercise, herbal medicines, supplements, improved diet, relaxation techniques such as deep breathing, yoga, meditation, tai chi, and so forth, assertiveness training, and affirmations. A common method of Stress Management is analyzing thought patterns and correcting cognitive distortions. Amongst the major aspects of Stress Management is to be able to change our perception of the external environment so that the problems we experience do not seem to pose a threat.