

## Stress Management Kingston

Stress Management Kingston - Several individuals do not deal with particular stress levels in constructive ways. Stress is presently pervasive in our hectic lifestyles. It can manifest as an automatic overreaction of the nervous system in part to a perceived internal or external threat. 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 include: an constriction of blood vessels under the skin, increased availability of lipids and blood sugar, increased heart rate and blood flow and dilation of the pupils.

Biochemical responses are part of the bodies "fight or flight" response mechanism to prepare us to either fight or run from the perceived threat. Now, we do not need to flee nor fight so as to survive. These responses kick in during an emergency or life-threatening situation. Because the body is hard wired with this response, it instinctively occurs as a result of whatever "perceived" threat. If an individual has a lot of worries or a lot of responsibilities, they may be running on stress most of the time. With each and every phone call from the in-laws, each 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 frequently it is activated, the harder it becomes to shut off. When 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 chance of anxiety, infection, obesity, memory problems, heart disease and depression amongst others. It is essential to your health to learn ways to cope with stress in a more helpful manner and know ways to reduce its effect on your every day life; or else the widespread damage it could cause can prove really dangerous to your health.

Managing stress is among 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 people claim it is among the root causes to lots of ailments. There are a lot of various techniques to Stress Management. For instance, it could comprise supplements, better food intake, visualization, workout, herbal medicines, relaxation techniques such as deep breathing, yoga, meditation, tai chi, and all that, assertiveness training, and affirmations. A popular technique of Stress Management is correcting cognitive distortions and analyzing thought patterns. Among the major aspects of Stress Management is to alter our perception of the external environment so that the issues we experience do not seem to pose a threat.