

Stress Management Vancouver

Stress Management Vancouver - Sadly, many of people do not deal with stress in a productive manner. Currently, 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 causes different 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.

These biochemical responses are part of the "fight or flight" response getting individuals ready to either fight a perceived threat or run away from it. In caveman times, these body responses were really helpful. Today, fortunately, we normally do not need to flee or fight in order to survive on a regular basis. These responses kick in in a life-threatening or an emergency situation. Because the body is hard wired with this response, it automatically occurs as a result of whichever "perceived" threat. If an individual has many worries or numerous responsibilities, they can be running on stress a good portion of the time. With each phone call from the in-laws, each and every traffic jam or unnerving segments of the evening news, they may instinctively 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, instead of leveling off, your heart rate, stress hormones and blood pressure all remain elevated.

Elevated levels of stress can take its toll on the body, specially if the stress is repeated or extended. Prolonged or extended stress could increase possibilities to many health problems such as heart disease, depression, anxiety, infection, obesity and memory problems among others. It is essential to your health to know how to handle stress in a more positive way and learn ways to reduce its effect on your daily life; otherwise the widespread damage it can lead to could prove extremely dangerous to your health.

In order to maintain ones wellbeing and health, managing your stress levels is extremely vital. One major factor to most visits to the physician is a result of stress. Various individuals even claim stress as among the root causes to many sicknesses. There are numerous different techniques to Stress Management. For instance, it could consist of work out, herbal medicines, supplements, enhanced diet, visualization, relaxation methods such as yoga, meditation, deep breathing, tai chi, and so on, assertiveness training, and affirmations. A popular method of Stress Management is correcting cognitive distortions and analyzing thought patterns. One of the major aspects of Stress Management is to change our perception of the external environment so that the concerns we experience do not seem to pose a threat.