

Stress Management Norfolk

Stress Management Norfolk - Many individuals do not deal with particular stress levels in beneficial ways. Stress is currently pervasive in our active 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 results in different affects on the body. A few of these effects consist of: 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.

These biochemical responses are part of the "fight or flight" response getting individuals prepared to either run away from a perceived threat or fight it. In caveman times, these body responses were really helpful. Today, luckily, we usually do not need to fight or flee in order to survive on a regular basis. These responses kick in during an emergency or life-threatening situation. For the reason that the body is hard wired with this response, it unconsciously occurs as a result of whichever "perceived" threat. If a person has numerous worries or numerous responsibilities, they may be running on stress a good portion of the time. With each and every phone call from the in-laws, each and every traffic jam or unnerving segments of the evening news, they could 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. 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 extended or repeated activation. Prolonged exposure to stress can increase your possibility of obesity, memory problems, heart disease, depression, anxiety and infection among others. It is very important to your health to learn how to cope with stress in a more positive way and know ways to lessen its effect on your daily life; or else the widespread damage it could result in can prove extremely dangerous to your health.

To be able to maintain ones health and wellbeing, managing your stress levels is extremely important. One major factor to nearly all visits to the doctor is a result of stress. Several individuals even claim stress as among the root causes to lots of sicknesses. There are numerous various techniques to Stress Management. Like for example, it can consist of exercise, herbal medicines, supplements, enhanced food intake, visualization, relaxation techniques such as meditation, tai chi, deep breathing, yoga, etc, assertiveness training, and affirmations. A popular method of Stress Management is analyzing thought patterns and correcting cognitive distortions. Among the main aspects of Stress Management is to change our perception of the external environment so that the issues we experience do not seem to pose a threat.