

## Stress Management Winnipeg

Stress Management Winnipeg - Lots of people do not deal with particular stress levels in beneficial ways. Stress is currently pervasive in our busy lifestyles. It can manifest as an automatic overreaction of the nervous system in part to a perceived external or internal 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. A few of these effects consist of: 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.

Biochemical responses are part of the bodies "fight or flight" response mechanism to ready us to either fight or run from the perceived threat. Nowadays, we do not have to flee nor fight in order to survive. These responses kick in in an emergency or life-threatening situation. Because the body is hard wired with this response, it automatically occurs as a result of any "perceived" threat. If an individual has numerous worries or lots of 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 may unconsciously launch into emergency mode. The issue with the stress response is that the more often 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, particularly with extended or repeated activation. Prolonged exposure to stress can increase your possibility of memory problems, heart disease, depression, anxiety, infection and obesity amongst others. It is very important to your health to know ways to cope with stress in a more positive manner and know how to lessen its effect on your daily life; otherwise the widespread damage it could lead to can prove very dangerous to your health.

Managing stress is amongst the most important elements in maintaining ones' health and wellbeing. Stress is an essential factor in the majority of the visits to the doctor's office. Several individuals claim it is amongst the root causes to a lot of ailments. There are a lot of different techniques to Stress Management. Like for instance, it can involve better nutritional regime, visualization, work out, herbal medicines, supplements, relaxation techniques such as deep breathing, yoga, meditation, tai chi, et cetera, assertiveness training, and affirmations. A popular technique of Stress Management is analyzing thought patterns and correcting cognitive distortions. Among the major aspects of Stress Management is to alter our perception of the external environment so that the issues we encounter do not seem to pose a threat.