

Stress

Stress is something that is quite difficult to define but it is thought that it is the bodies response to a threatening or dangerous situation. It can also be defined as demands placed upon the body (physical or emotional, internal or external).

Under stressful conditions changes take place in the body and a hormone called adrenaline is produced. This increases blood supply to the muscles, raises the heart rate, increases respiration and also jumps the blood sugar levels right up. The body has a method to respond to such a problem. It is called the “Fight or Flight Response”. This basically means fight to fix it or run away cowering. Long term stressful situations can have a long term effect on the body and can prove to be harmful.

Stress can cause weight loss, weight gain, sleep loss, and weaken the immune system making the individual more prone to getting common colds and other diseases. Stress is also linked to ulcers, migraine headaches and different types of skin conditions.

Everyone can handle different things in different ways, just as people can tolerate different levels of stress better than others. We are all individual.

Moderate stress can be helped by exercise and self relaxation techniques such as deep breathing, meditation and muscle relaxation. Relaxation techniques are highly important and extremely popular in many Eastern cultures.

If you are feeling like the world is against you and nothing is going the way you intend, then just chill yourself out by sitting down, breath deeply and practice the art of positive thinking. Exercise, meditate, try classes (body balance/yoga), relax your muscles and free your mind of all those worries.

Just remember that it is your life and the only person in the driving seat is you. Take charge and keep yourself stress free. Keep active, get plenty of rest and stay positive not only to keep emotionally stable, but also physically healthy.