

# TAKING HEALTH MY STORM: **STRESS MANAGEMENT**



## Stress

Stress is not necessarily a “bad” thing, without it humankind wouldn’t have survived.

Stress is primarily a physical response. When stressed, the body thinks it is under attack and switches to ‘fight or flight’ mode, releasing a complex mix of hormones and chemicals such as adrenaline, cortisol, and norepinephrine to prepare the body for physical action. This causes a number of reactions, from blood being diverted to muscles to shutting down unnecessary bodily functions such as digestion.

1

### FIGHT

This can be a helpful reaction to ward off predator, but in unnecessary situations, it can negatively affect relationships and ruin reputations.

2

### FLIGHT

A function that can save out life if we find ourselves in dangerous situations. However, in everyday life it can lead to a stressful situation escalating.

3

### FREEZE

Becoming stressed sets, the stage for “dysregulation”. The energy mobilized by the perceived threat gets “locked” into the nervous system and we “freeze”

## CAUSES OF STRESS



Increased financial obligation



Death of a loved one



Emotional Problems

(i.e. depression, anxiety, anger, etc)

## Understanding stress

With excessive demands and challenges placed upon a person stress can creep up on some of us, resulting in an unexpected breakdown.

### Breakdowns can take many different forms:

- Mental and Emotional Breakdown
- Taking one's own life
- Serious health issues including but not limited to:
  - Cardiovascular disease: The heart is the first organ in the body to experience stress. The number one killer on the planet today is heart disease and it's no coincidence that as we find ourselves living under higher and higher levels of stress the instance of heart disease is increasing.
  - Stress has a profound impact on how your body's systems function, Health experts are still out whether stress actually causes cancer. Yet there's little doubt it promotes the growth and spread of some forms of the disease. Put simply, stress make your body more hospitable to cancer.
  - Stress can cause a rise in blood pressure: The main cause of hemorrhagic stroke is high blood pressure, which can weaken the arteries in the brain and make them prone to split or rupture.

The key message is that if we are able to recognize when we have too much on our plate, that we take action to prevent ourselves from getting anywhere near the bridge collapsing which thankfully most of us will never experience or see.



**“Adopting the right attitude can convert a negative stress into a positive one” - Hans Selye**

### How It affects Us:

**Cognitive Affects:** Memory problems, Poor Judgment, Inability to concentrate, Self-Doubt

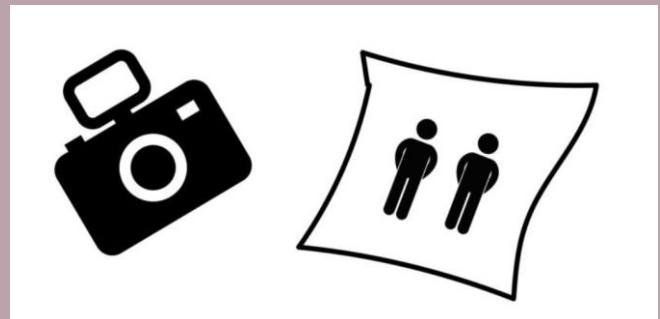
**Emotional Affects:** Depression, Moodiness, Irritability, Panic, Anxiety, Frustration

**Physical Affects:** Chest Pain, Aches and Pains, Frequent Colds, Indigestions

**Behavioral Affects:** Increase intake in alcohol, cigarettes and Caffeine to relax, self-isolation, increase or decrease in sleep, demotivation, loss of sense of humor

### BRAIN TEASER

A man is looking at a photograph of someone. His friend asks who it is. The man replies, “brother and sisters, I have none. But that man’s father is my father’s son.” Who was in the photograph?



Answer: His son