

WHAT IS STRESS?

Stress is a primal, innate response to fear and it's a factor in all of our lives. It also affects other species of animals. The technical definition of stress is the physical pressure, pull, or other force exerted on one thing by another; strain. It is a common disease which may at some point affect you, your organization, and also any of the people within it. So you can not afford to ignore it or just give up.

Stress is something that you feel when you are afraid of a situation, threatened by something, or simply find a situation that you are in to be annoying. What is actually happening is that your body is triggering it's "fight or flight" response due to the fear that is in the situation. The reason that stress can wear you out is because your body tends to be more alert, focused, and prepared for any threats or dangers. This uses considerable more energy. When you are stressed all day long, fatigue will take over making you more irritable to others around you since you are so worn out. The body is not designed to deal with these types of situations forever. Over time there are a wide variety of health Problems that can be formed by having stress.

SIGNS OF STRESS

The mental symptoms of stress include

Tension

Irritability

Inability to concentrate

Feeling excessively tired

Trouble sleeping

The physical symptoms of stress include:

Dry mouth

A pounding heart


Difficulty breathing

Stomach upset

Frequent urination

Sweating palms

Tight muscles that may cause pain and trembling.

 Mental and emotional changes are often the first signs that stress is taking its toll. Stress takes away from the memory when too much is applied. It also decreases our abilities to think clearly. Stress eventually leads to mood changes and can cause mental illnesses like depression and anxiety. It also causes us to age quicker which in turn leads to our bodies and minds not being able to deal with it like we were once able to. We become tired and more easily exhausted than we once were. Some people cannot even function properly when they are under too much stress. What is so sad is that it is completely normal for people to break down, especially if they are not taking care of themselves in the process.

Stress can come from many sources. One of the biggest and most obvious in the world today is finances. We always seem to worry about money and worrying about money is a

never ending thing. People will always have bills to pay, and as long as the economy is down and out like it currently is, people are going to continue to lose jobs. It is actually very depressing. But, we cannot let ourselves get beat down. Other sources of stress come from losing loved ones or experiencing a divorce. These things can also lead to some serious depression. Emotionally, stress can cause us to lose all of our coping skills.


Sufferes of stress should worth remember the following points:

- Suffering from stress could not be considered as a weakness
- Stress is infectious.It is stressful to live and work with people who suffering from stress.
- There is no solution guaranteeing a stress free life,but there are techniques for minimizing stress.
- Stress is produced from high demands in life combined with highconstraints and little support fromcolleagues and family.
- Stress can be killer.The Japanese have an officially recognized condition called Karoshi ,death from stress caused from too much work.

Regardless of what situation you are in realize that you do have a choice. If it's a stressful job, relationship, or other situation, realize that you do have a choice to stay in them or be there to try to fix the situation. When you feel that your life is out of control, generally that is where much of the stress comes from. Find things in your life that you can do to get rid of stress. You need to get rid of the stress else you will have problems that you will face in the future.

STRESS MANAGEMENT

It may seem that there's nothing you can do about your stress level. The bills aren't going to stop coming, there will never be more hours in the day for all your errands, and your career or family responsibilities will always be demanding. But you have a lot more control than you might think. And so stress management is all for! Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun - plus the resilience to hold up under pressure and meet challenges head on. Stress management involves controlling and reducing the tension that occurs in stressful situations by making emotional and physical changes. The degree of stress and the desire to make the changes will determine how much change takes palce.

 Stress management starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you're constantly worried about work deadlines. But maybe it's your procrastination, rather than the actual job demands, that leads to deadline stress. And until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside your contril.

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Stress Management is an art which can be possessed by only you to manage your stress. No second person will have more control than yourself in managing your stress. Develop great belief that you have more control than what you think on your life which is most effective factor of stress management. Learning effective stress management techniques can be the greatest gift you ever give yourself. We all have stressful times as we go through life. The outcome of those times often relies not on what actually happens but how we deal with it.

1. Coping skills to reduce stressor:

1. Coping skills to reduce stressors:

- Set realistic goals and expectations
- Get a good night's sleep
- Eat a balanced breakfast regularly
- Exercise regularly
- Find time to relax throughout the day
- Take a vacation every once in a while
- Practice relaxation techniques
- Avoid caffeine and alcohol



2. Physical activity:

- Start a physical activity program. Most experts recommend 20 minutes of aerobic activity three times per week.
- Decide on a specific type, amount, and level of physical activity. Fit this into your schedule so it can be part of your routine.
- Find a buddy to exercise with. It is more fun and it will encourage you to stick with your routine.
- You do not have to join a gym as 20 minutes of brisk walking outdoors is enough?

3. Individual Exercise:

- Find the positive in situations, and don't dwell on the negative.
- Plan fun activities
- Take regular breaks.

4. Nutrition:

- Eat foods that improve your health and well-being. For example, increase the amount of fruits and vegetables you eat.
- Use the food guide pyramid to help you make healthy food choices.
- Eat normal-sized portions on a regular schedule.

5. Social support:

- Make an effort to socialize. Even though you may feel tempted to avoid people when you feel stressed, meeting friends usually helps people feel less stressed.
- Be good to yourself and others.

6. Relaxation:

- Learn about and try using relaxation techniques, such as guided imagery, listening to music, or practicing yoga or meditation. With some practice, these techniques should work for you.
- Listen to your body when it tells you to slow down or take a break.
- Make sure to get enough sleep. Good sleep habits are one of the best ways to manage stress.
- Take time for personal interests and hobbies.

Every individual is unique. Some have monetary tensions, as mentioned earlier. Others may have family or relationship issues that are causing stress. Students get stressed out over performance evaluation of exams. There are so many reasons. Once you have the cause of stress mapped out it is easier to find solutions to balance and neutralize it. Take control of how you let stress affect your life.

STRESS CAUSES

Stress is the body's normal reaction to any event that requires you to make adjustments. The event or stimulus real or imagined that causes stress is called a stressor. Stress is a condition that happens to everyone and it is caused by factors known as stressors. Stress in itself is considered a disease which if not properly managed it can kill. Stress is a feeling of exhaustion of personal resources due to the very high demand from society and an individual cannot help but feel pressured until they give out. However, according to a poll on this site, as well as other research, the following are causes of stress to a good portion of the population:

- Jobs and the Workplace
- Financial Problems
- Personal Relationships
- Children
- Daily Hassles / Being Too Busy

Stress can arise for many different reasons. It is different for everyone. It could be brought by the death of a loved one, a traumatic accident, illness, or a serious disease. It can also arise from daily situations. It is very hard to stay calm and relaxed because we all have hectic lives. It is very important to find a way to de-stress when stress seems to overtake our lives. Your health could very well depend on it.

Life causes

- Death: of spouse, family, and friend
- Health: injury, illness, pregnancy
- Crime: Sexual molestation, mugging, burglary, pick-pocketed
- Self-abuse: drug abuse, alcoholism, self-harm
- Family change: separation, divorce, new baby, marriage
- Sexual problems: getting partner, with partner
- Argument: with spouse, family, friends, co-workers, boss
- Physical changes: lack of sleep, new work hours
- New location: vacation, moving house
- Money: lack of it, owing it, investing it
- Environment change: in school, job, house, town, jail
- Responsibility increase: new dependent, new job

Stress at work

- The demands of the job
- The control staff has over how they do their work
- The support they receive from colleagues and superiors
- Their relationships with colleagues
- Whether they understand their roles and responsibilities
- How far the company consults staff over workplace changes.

Now that you know what causes stress, you can work to find the way that is perfect for you to manage it. You won't have to ask what stress is. You will be able to now recognize the signs and symptoms of stress and deal with it all better. It is not an impossible task. You can definitely get rid of it provided you work towards it. If you are not able to deal it through your own efforts you must seek medical attention.

Stress causes Hives

Within the body, the biggest and the most sensitive organ is the skin because this is can detect easily some hormonal changes which can then lead to stress. On the other hand, let it be known that stress is only one of the many things which can lead to hives. There are wide ranges of factors that can work hand in hand for the development of hives. Hence,

once you are suffering from hives then do not purely blame stress for your conditions because there are other reasons behind. When people think about hives, they would normally think of a breakout in the face; though hives can become evident at any region of the body. Normally, hives are small but they can grow to more than a foot in diameter.


Learn the various kinds of Hives:

1. Ordinary Hives- this is the kind that appear suddenly. Because it may come in an instant, the person experiencing this will not have any idea why. Typically they are red, swollen itchy which can appear at almost any part of the body. Normally too they will fade rapidly in just a span of a few hours, although there are times when they can last for a few weeks!
2. Physical Hives- this is the kind which is triggered by something in the environment such as chemicals, the overexposure to the rays of the sun, scratching, force on the skin, or the too much exposure to severe temperatures.
3. Acute Hives- this appears abruptly although disappear quickly. This takes place because of an exposure to allergy producing foods.
4. Chronic Hives - the most annoying kind because it can last for weeks to even a whole year.

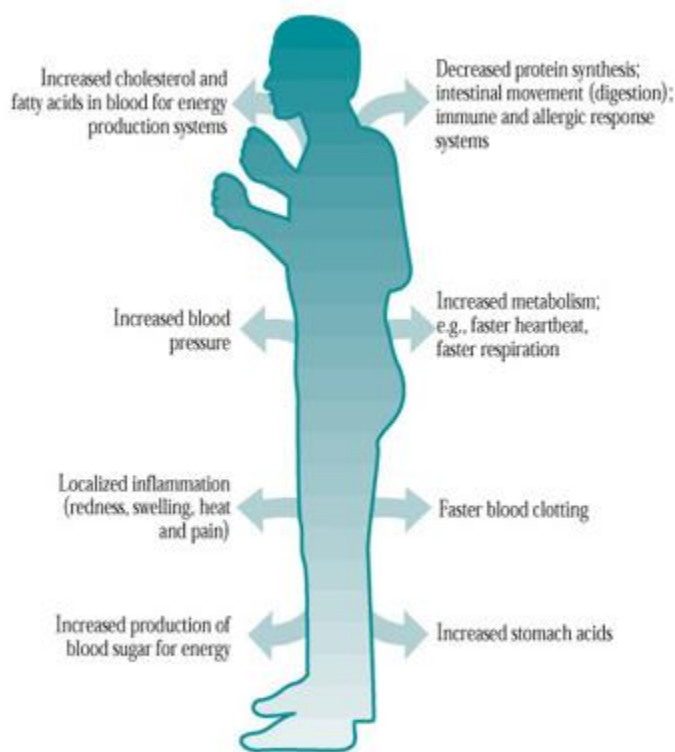
STRESS SYMPTOMS

Stress is actually a normal physical response to events wherein you feel uneasy and upset. But oftentimes, we really can't distinguish stress from other forms of responses. Thus, in order for us to set a clear disparity as to how to identify it, here are some lists that we teachers must really be cautious and be aware of. Stress is experienced on various levels and shows up as symptoms on a physical, emotional, mental and behavioral level.

It is essential that these symptoms are recognized early by the patients or their well-wishers and remedies measures taken to overcome them. If, however, stress is continuous or repeated frequently, a variety of symptoms appear such as dizziness, stiff muscles, headache, vision problems, breathing difficulties, asthma, allergies, palpitation, digestive disorders, blood sugar regularities, backache, skin disorders, bowel disorders and sexual difficulties.

1.  Low Energy: Your energy may be reduced or low; you might easily get tired or have trouble getting up in the morning. Low energy may be experienced even though you think you have enough rest and sleep.
2. Disturbed sleep patterns: You might have trouble going to sleep, wake up multiple times at night and or not able to go back to sleep after waking up. The effect of disturbed sleep patterns is that your body is lacking the ability to psychologically digest the situations that happened during the day.
3. Physical tensions: You might experience pains in the body without any apparent obvious cause, like headaches, muscle tension, stiff neck etc.
4. Grinding or gritting teeth at night: You might grind or grit your teeth at night. Notice the muscle tension in your jaw or ask your dentist about the state of your back teeth.

5. Digestive problems: You might feel bloated or constipated without any apparent physical cause. Stress immediately affects the stomach which might also lead to loss of appetite.
6. Chest area affected: You might experience difficulties in breathing, have chest tightness or pain, notice rapid heart rate without any obvious physical reason.
7. Arthritis and other - 'itis': You might notice increased outbreaks of arthritis and other inflammations or irritations on a physical level. Having to deal with this discomfort over a period of time also leads to more stress being experienced.
8. Drugs, cigarettes, alcohol, and tranquilizer effects: A common behavioral symptom is the increased use of recreational drugs, cigarettes, tranquilizers and alcohol which leads to physical symptoms in it and can increase other previously mentioned symptoms.
9. Restlessness: You might also feel that you find it hard to relax or be still. This might be experienced through nervous ticks like moving your legs up and down etc.
10. Low sex drive: You may experience low or lack of sex drive.



Some people might neglect for taking care of the stress problems or make heed of all stress signs which seem to be affecting them. They are doing so at risk of their wellbeing and health. Extreme tension might lead to sugar, obesity, ulcer and high blood pressure. Stress might also be cause sleeping disorders or eating disorders too.

Most stress symptoms aren't as difficult to handle as you may think. A persistent symptom of stress doesn't have to control your life. To relieve and eliminate any symptom of stress you first have to start taking it seriously and accepting the fact that it has a significant effect on your health and well-being.

STRESS PREVENTION

Although stress can take different forms there are still some easy methods for relieving it in all but the most stressful situations. If you're able to, the best way to solve your stress problem is to avoid it completely in the first place.

The secret to treating stress is that prevention is better than cure. Staying on top of stress is the best solution to beating stress. The good news is that techniques for preventing

stress are easy to learn. Following are some of the simple ways to prevent stress:

1. Don't take on too much - remain realistic about what you can do. Don't be afraid to turn things down because you think you may miss out on a promotion.

2. Have some down time - allow yourself to switch off from everyday reality. Take on a hobby. Do some exercise? Play a game of squash. Go out for a meal and a movie. Have some fun, life is not always serious.

3. Treat yourself - if you have had a hard day, why not run hot baths and spend a few hours soaking your weary body and reading a trashy novel

4. Keep in touch with friends - your true friends will look out for you. They will know when you are down and how to pick you up. Often talking to your friends is the reality check you need when stress is making you depressed.

5. Laugh - see something funny or see the funny side in something. Having a sense of humor will never allow stress to make you take things too seriously.

6. Exercise - Exercising always relieve stress. By exercising, you are allowing more oxygen to flow through your body.

7. Eating healthy - Studies have shown that if you eat junk food, or foods that rip all contents of nutrition out, it will deeply affect your feelings and emotions. Instead of cramming your system down with soda, coffee, cheeseburger, fries, candy and the like, begin feeding yourself more fruits and vegetables. Better nutrition equals less stress.

8. Maintain a positive attitude - If you see a positive in every negative situation, you will have a hard time being stressed out. Whatever you tell your mind, it will carrying out that message. The more you can train your mind to stay positive in negative moments, the more positive you will become. This will help your body function a lot smoother in pressure times.

9. Simplify your life - Rather than looking for ways to squeeze more activities or chores into the day, find a way to leave some things out.



10. Manage your time wisely - Update your to-do list every day — both at work and at home. Delegate what you can and break large projects into manageable chunks.

11. Be prepared - Anticipate challenges. Whether it's preparing for a project at work,

planning a family gathering or handling a sick child, being prepared can help you face stressful situations with confidence.

12. Relax - Set aside time for yourself every day, even if it's only a few minutes. When you feel your muscles begin to tense, breathe deeply.

13. Let go - Take responsibility for your tasks, but don't worry about things you can't control.


One of the most important things in preventing stress is to have a good support system. This means that you should have the help that you are going to need from your friends and family. You will want have someone to lean on when you are in need and they will be there with you through all of your stressful situations. You will be able to manage your stress and feel more confident in finding a way out of it.

Although stress will mean different things to different people there are some very simple things that we all can do to help relieve ourselves of some of the potentially more harmful aspects of it - try just one or two of them the next time you feel stressed and see how quickly you can regain control.

For people that are chronically stressed out take up meditation or yoga. These types of activities can help you to change how your body responds to stress and can help you to relax more completely. Where people fail in combating stress is that they are not disciplined enough to follow through with common stress management techniques because they are lazy, get in a rut or don't believe the techniques work.

STRESS TREATMENT

Stress is something that we all have to deal with in the hectic world we live in. Whichever method you may choose to alleviate the stress in your life, be sure you do take action, as it's important to treat these problems before you find they become an over-whelming part of your life. Stress treatment involves recognizing what triggers it, finding ways to cope and generally just finding ways you can relax to better enjoy your life. There are a number of ways of tackling stress and preventing it from returning or affecting you as much. You will need to identify its cause and then review your lifestyle to make changes.

 It's important to make time for exercise. Exercise helps to use up the stress hormones that cause your symptoms, giving you a sense of wellbeing and helping your muscles to relax. Even a brisk walk for 30 minutes every a day can help. Another good way to tackle stress is to talk to your friends or family - sharing your worries can help you to look at how you react to stress in a new light. It's important to talk directly to your manager if you're suffering from work-related stress. Your manager has a duty to take reasonable steps to try to resolve the problem.

Other ways to help yourself deal better with stress:

- Delegate or share your work responsibilities.

- Learn to be more assertive - say no to things you know you can't do well or aren't your responsibility.
- Don't drink too much alcohol or caffeine or take illegal drugs - these will not help you to cope better and may make you ill.
- Eat a healthy, balanced diet, rich in fruit and vegetables - avoid giving into 'bad' food cravings and try not to skip meals as it may make you feel worse.
- Set aside time to organize yourself and priorities tasks, going through them one at a time.
- Take up a new hobby or interest to take your mind off things.
- Have some fun - do something you love, even if it's just listening to music.
- Hot Stone massage is a fascinating therapy that helps detoxify the body thereby, normalizing the circulation and relaxing our nervous system.
- Journaling is the process of bringing the thoughts out of your brain and on paper to analyze those tangible sequences of thoughts from a third-person perspective. One thought in the brain triggers the next, but they don't necessarily follow a linear sequence and may have several branches that may include a stressor leading to a stressed state of mind.



Stress treatment starts with understanding the mechanism of stress and knowing how to alter the mental, emotional and physical response of your body to stress. During stress, the adrenal glands release corticosteroids and catecholamines, which are subsequently converted to cortisol and adrenaline, respectively.

Aromatherapy, reflexology and massage may provide a quiet, relaxed environment in which

you can wind down. Learning relaxation techniques such as meditation, self-hypnosis, and visualization and breathing exercises can also help you to relax. Yoga or Pilates may help you to control your breathing in stressful situations. They may also help you sleep better and relieve stress-related physical pains such as stomach pains, muscle pains and headaches.

Although, all stress treatments are known to relieve stress, each method may be effective

to varying degrees depending on the nature of the stressor and the personality and psychology of the person. Each individual needs to discover the method that is most effective for his or her stress treatment.

STRESS, STRESSOR AND EUSTRESS

Stress

Existence is a gradually becoming a very complicated process. In the olden days, life was much simpler. People were bothered with the day to day proceedings. They did not have much complicated life styles. Their unhappiness was much more basic. Maybe it stemmed from lack of money or resources, or the illness of relatives etc. The word 'stress' was virtually unknown at that time. These days, every few sentence includes the word stress in it. Most people do not quite realize what exactly it is.

A situation or circumstance (not always adverse), which can disturb the normal physical and mental health of an individual. In medical terms 'stress' is defined as an alteration of the body's homeostasis. This demand on mind-body occurs when it tries to cope with incessant changes in life. A 'stress' condition seems 'relative' in nature. Extreme stress conditions, psychologists say, are detrimental to human health but in moderation stress is normal and, in many cases, proves useful. Stress, nonetheless, is synonymous with negative conditions.

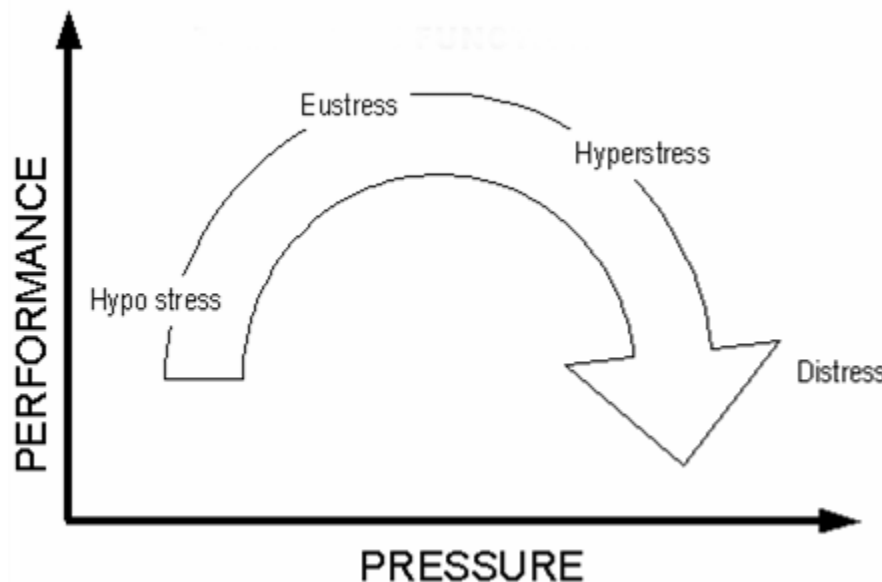
☞☞☞ Stressor

The events that provoke stress are called stressors, and they cover a whole assortment of situations - everything from absolute physical danger to making a class presentation. Stressors are something that causes us to feel stressed. We get stressors build up from activities, experiences, or any situation that may cause stress. When we do not have sufficient foodstuff, water, or when we feel overworked, it causes stress to increase.

To learn how to manage stress, we must learn how to cope and reduce stressors. However, some of these stressors are encouraging. When you join in activities for example, you often have fun. Still, stress mounts. Therefore, after enjoying activities the best way to thrive on this positive stress is to relax. Relaxation comes from reclining and enjoying something that brings you happiness. For instance, you may relax by watching a healthy program on television, read a book, or just simply recline.

When you take time to relax you, reduce stress by lessening up the stressors. On the other hand, when you are stressed from lack of foodstuff, this is unhealthy stress. You have the willpower to take control however by accumulating resources. Instead of letting the stress wear you down, take action. Call resources in your area to see if you have options in getting foodstuff to feed your family. Family community centers, welfare programs and

other resources can offer you link to managing your problem. This will help you reduce stress by slacking up on stressors.



Eustress
Eustress, a type of positive stress is actually good


for your body. It is basically a desirable form of stress which is healthful and gives a feeling of contentment. It keeps you excited about life. Eustress is actually important for us to have in our lives. Without it, we would become depressed and perhaps feel a lack of meaning in life. Not striving for goals, not overcoming challenges, not having a reason to wake up in the morning would be damaging to us, so eustress is considered 'good' stress. It keeps us healthy and happy.

Eustress also reminds us that we can view many of the stressors in our lives as 'challenges' rather than 'threats', and have extra vital energy to handle these stressors, without a feeling of being overwhelmed or unhappy. Unlike chronic stress that is taxing on your body, eustress does not have any unfavorable effects on your body. Instead, it lifts up your spirits and helps you stay in a good mood. Eustress provides the desired balance by evening out the negative stress.

Unlike negative stress, human beings actually need Eustress. It gives a meaning to life. Without Eustress, you would never feel excited or strive more to do a particular task. Lack of excitement or absence of extra initiative would make our life plain blank or in fact meaningless. Without a desire to do anything, you will not have a reason to get up every morning. This is the reason why Eustress is important.

TEEN STRESS

Stress is our body's reaction to our changing environment. Stress is not pressure to perform, personal problems, or illness; these things are stressors, and stress is our reaction to them. Stress can affect anyone from children to adolescents to adults. Teen stress is very common among the adolescents today.

 Teen stress is similar to the adult stress in terms of the signs and symptoms. But the causes of teen stress are totally different and they need somewhat different stress management programs for dealing stress. It is estimated that teens from 20% of the total population. Yet they are a neglected group of the population. The adolescent group is the intermediate group between the dependent childhood and the independent adulthood. This transition from childhood to adulthood is never so easy. This group is a vulnerable group to both physical and emotional stress. There are problems everywhere for them - problems at home with their parents and siblings, problems in the school with their friends and education. The adolescents cannot be treated as either adults or kids because their problems are totally different.

- * Signs of Teen Stress:**
1. Feeling down, on edge, guilty or tired
 2. Having headaches, stomach aches, trouble sleeping
 3. Wanting to be alone all the time
 4. Not enjoying activities you used to enjoy
 5. Feeling resentful of others
 6. Feeling like you have too many things you have to do



Teen stress can lead to more serious teen health problems. Struggling with major teen stress and low self-esteem issues can lead to more serious problems such as teen eating disorders, hurting you, teen depression, alcohol abuse and drug abuse, and even teen suicide.

Surveys conducted shows that one third of the teenagers suffer at least one episode of stress every week. Though stress has the same kind of response in all the age groups, the stress factors are different. Stress in teens could be due to

- Pubertal Changes
- Changing relationship with peers
- New demands in the school
- Safety issues in their neighborhood
- Responsibilities to their families
- Negative thoughts and feelings
- Separation or divorce of parents
- Death of a loved one
- Chronic illnesses
- Changing schools
- Financial problems
- Holiday stress


Stress is something that comes in many forms. Everyone has advice on it, but the way you learn to deal with it is what is most important. Open the lines of communication with everyone around you. If they know what they are doing to you, they can then help you to lessen the amount of stress you have to endure. Be sure to remember to listen to their side of things and work to accomplish a compromise in all situations. You won't get everything your way, but it will take a load off your shoulders in the long run. Teen stress is one of the hardest things to get through, but you can rest assured that it has been done. Billions of people in the world have all had to go through the travails of the teenage years and they have through to the other side. So prepare yourself, get help when you need it, and look for help when you can. By relying on people who have "been there, done that" you can see your way clear to the other side. Then, you can safely look back on your teen stress and say stupid things like, "the teenage years are the best years of your life!" The parental approach to teen stress management should rely upon family dynamics. The home should be a place where the teenager feels safe and secured. The home should be perceived by the teen as a place of refuge where there are people who understand and care about whatever it is that they are going through. Parents should value their relations with their teen and cherish it as something precious. Once parents earn the trust and respect of their teens, then everything would fall into their proper perspective.

EFFECTS OF CHRONIC STRESS

Stress is a natural and vital feeling in our lives because it is the drive that helps most people to succeed. As with many things in life, too much of one thing can be very harmful to a person's well-being. Stress can be caused by anything that requires you to adjust to a

change in your environment. Your body reacts to these changes with physical, mental, and emotional responses. Even a perceived challenge can activate the mind/body system, resulting in increased alertness and action, but chronic activation of this response leads to abnormal responses to stress.

Chronic stress creates excessive levels of cortisol in the brain, impairing the function of the hippocampus, leading to neuronal atrophy and destruction of neurons, decreased short term and contextual memory, and poor regulation of the endocrine response to stress. When you are chronically stressed, however, your stress response remains ramped up, and the stress hormones overwhelm the relaxation response. Stress hormones are beneficial in the short term because they give us the extra boost we need to meet an emergency; however, in the long run, they are harmful.

 Chronic stress is a state of prolonged and continuous stress, and it can have some pretty drastic effects on your body. What's happening here is that your sympathetic system that helps you deal with the fight-or-flight response is always turned on. But in this case, there's not an immediate danger that you face and then come down from, achieving homeostasis. It's not good for your body to be in a constant state of danger management.

When you're chronically stressed, your liver is bypassed and the corticoids are able to run rampant. Too many corticoids can lead to a reduction in your immune system. The result is that you'll have an easier time getting sick. If you've ever had an extremely stressful couple of weeks followed by a bad cold or flu, then you know what we're talking about here. Too many corticoids also make the body more resistant to its stress hormone cousin, adrenaline. Trouble is, the adrenaline keeps on chugging when you're chronically stressed. This can eventually lead to a stomach ulcer, as adrenaline pumps up the level of acid your stomach produces. It's also a reason that chronically stressed people may also have chronic heartburn.

Just have a glance over the effects of chronic stress on the body

1. Effects of chronic stress on the cardiovascular system

- Increased strength & speed of heartbeat
- Hypertension
- Strain on the heart
- Thickening & narrowing of arteries
- Enlargement of the heart (resulting in increased work, less able to maintain proper blood flow, fatigue)
- Hyperglycemia (elevated blood sugar)
- High cholesterol

2. Effects of chronic stress on the musculo-skeletal system

- Muscular reactivity
- Chronic muscular tension and pain
- Migraine and tension headaches
- Exaggeration of reflexive postural patterns

- Bone demineralization

3. Effects of chronic stress on the digestive tract

- Stomach & duodenal Gastritis
- Stomach ulcers
- Stomach pain
- Obesity
- Irritable bowel Colitis
- syndrome

4. Effects of chronic stress on the reproductive system

- Menstrual Infertility disorders
- Impotence or premature ejaculation
- Loss of libido

5. Effects of chronic stress on the urinary system

- Bladder urgency
- Incontinence

6. Effects of chronic stress on the immune system

- Allergies
- Increased susceptibility to illness such as common cold
- Autoimmune conditions (Diabetes type 1, Lupus, Rheumatoid arthritis)

7. Effects of Chronic Stress on metabolism

- Metabolic disorder
- Diabetes

8. Effects of chronic stress on the respiratory system

- Asthma symptoms often worsen under mental or emotional stress
- Hyperventilation
- Breathing pattern disorder



Now it's the time to combat with chronic stress! Take the time to exercise, even if it's just walking. The more you enjoy the exercise the better, because that also means you're experiencing pleasure instead of stress. The old saying, "don't sweat the small stuff," is an axiom you should try to embrace. See if you can prioritize the things that seem to stress you out. Let the ones that really aren't


so important fall away and work on the rest in a calm and organized way. Some stressors you just can't avoid though, so if you lead a high stress life you can at least eat well and lay off the alcohol and cigarettes to combat the pressures of your job or lifestyle.

If you're chronically stressed, have your doctor check you out to make sure you aren't doing any long term damage to your body. Take control of your stressors and you might be surprised at the difference it can make in your life.

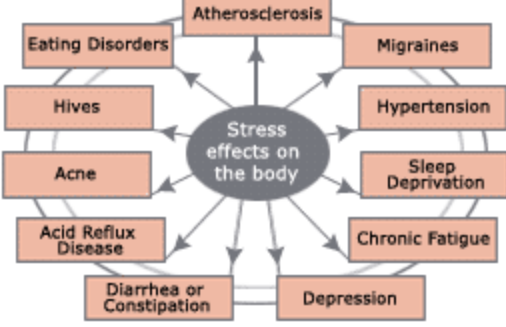
EFFECTS OF STRESS

Stress is a normal part of life. Many events that happen to you and around you and many things that you do yourself put stress on your body. Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. The human body is designed to experience stress and react to it. Stress can be positive, keeping us alert and ready to avoid danger. Stress becomes negative when a person faces continuous challenges without relief or relaxation between challenges. As a result, the person becomes overworked and stress-related tension builds.

Stress is a normal physiological response of the body to hostile environment. The effects of stress affect not only man, but also animals. Stress can affect children, adolescents and adults. Though the stress factor may be different in different age groups, the outcome is more or less the same. When the trigger is repetitive, prolonged or unanticipated, then it becomes pathological. The immediate, transient or the short term effects are the normal physiological responses whereas the delayed, persisting or the long term effects of stress are the pathological responses.

 The effects of stress can lead to health problems like cardiovascular problems, stroke, ulcers, depression, hypertension, skin problems, infertility, irregular menstruation, and eating disorders. Stress also has an adverse effect on the immune system. It can weaken your immune system causing you fall ill frequently or leading to health issues like psoriasis, ulcerative colitis, eczema, and Crohn's disease. The effects of stress differs from one person to the next depending on the age, physical health, mental health, attitude towards life and the amount of stress the person has.

- » Hair loss
- » Premature graying of hair
- » Memory problems
- » Bad concentration
- » Poor judgment
- » Mood swings
- » Seeing only the negative side of things
- » Confused state of mind
- » Avoid social contact with friends and family
- » Episodes of anger
- » Irritability for no reason whatsoever
- » Overreacting to things and incidents



» Lack of confidence
 » Eating too little or too much
 » Sleeping too little or too much
 » Consuming too much alcohol and/or tobacco
 » Insomnia or disturbed sleep patterns
 » Frequent headaches
 » Digestion problems
 » Elevated blood pressure
 » Fatigue
 » Breathing problems
 » Severe pain in the muscles
 » Arrhythmia

Stress that continues without relief can lead to a condition called distress - a negative stress reaction. Distress can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain, and problems sleeping. Stress also becomes harmful when people use alcohol, tobacco, or drugs to try and relieve their stress. Unfortunately, instead of relieving the stress and returning the body to a relaxed state, these substances tend to keep the body in a stressed state and cause more problems. Research suggests that stress also can bring on or worsen certain symptoms or diseases. Points that need to be taken into consideration:

- Forty-three percent of all adults suffer adverse health effects from stress.
- Seventy-five percent to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.
- The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually.
- The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.


Psychological and emotional effects of stress are often emphasized because their relationships to some stressor are apt to be more apparent, particularly with respect to depression, post traumatic stress disorder and panic attacks. However, the effects of stress also include various physical signs and symptoms as well as physical diseases. These effects of stress are frequently due to disturbances in cardiovascular, gastrointestinal and immune system function. Heart attack, hypertension, stroke and sudden death are some of the cardiovascular effects of stress. Other adverse effects of stress on the immune system reduce resistance to colds, herpes, AID and possibly some viral linked cancers.

There are many ways that you can reduce the negative effects of stress. The first thing to do is to identify sources of stress to see if you can prevent or avoid the harmful effects of stress. In some instances, such as the loss of a loved one, it may be impossible to avoid the effects of stress. You can reduce the annoying effects of stress by learning appropriate stress reduction techniques. However, just as stress and the effects of stress differ for each of us, no stress reduction technique is a panacea. You have to find what works best for you.

GOOD STRESS AND BAD STRESS

Most people don't know that some stress is actually good for the body. People automatically associate stress with bad feelings, headaches and a multitude of other physical, emotional and mental ailments. But brace yourself, there is such thing as good stress. Imagine, your life having no stress at all. Well, your life would be dull and boring wouldn't it? Stress is only bad for you in large and over whelming portions.

Good stress can be anticipating a wedding or birth, the fear of a good horror film or riding a thrilling roller coaster, betting on a winning team or playing in a casino... well, you get the idea. But bad stress is the deep and sometimes almost agonizing inner ache regarding a serious matter in your life like downright worry. Chronic stress is a very serious condition and can lead to a weakened immune system, ulcers, high blood pressure, rapid aging, and so much more. The main way to combat this heavy stress on your body is talking with someone. Have sometime alone with your spouse or friends to talk about your specific problems can alleviate the pressures and concerns.

 Good stress exists, but we're generally focusing on negative effects of stress as that is what causes us problems. Examples of good stress are physical exercise, mental challenges, emotional elation, and spiritual fulfillment. Many or most activities we enjoy place us under pressure, thus we are technically under stress while performing them. The difference is that we are wholeheartedly choosing these pressures, with both our conscious and subconscious minds. There is no conflict within - we enjoy the experience of such stress. Look for these kinds of pressures and embrace them. Without good stress we grow complacent, indifferent or simply bored, but with good stress we are who we want to be and we feel truly alive!

Good stress would be the kind that keeps you motivated throughout the day to achieve something , like getting your work done on time so you can make that ball game you been wanted to see. If we didn't have good stress we might not be motivated to do well on the job so we can get a paycheck or finish your household chores so you can go out that night.

Unfortunately, when we speak about modern day stress, we are usually referring to the bad kind of stress that makes the quality of our lives worse. The underlying biological mechanism of stress is intended to provide a benefit for a short amount of time. It's the kind of stress that causes you to perform badly at work and at play. This is the kind that

keeps you up at night with worry, and consumes your time during the day with constant barrages of "what if's" that your body is actual degusted at the end of the day. Bad stress takes its toll on your body in the long run it can even give you serious heart problems, even death.

Why does bad stress




happen? If we lose sight of our priorities in life, if we neglect our physical bodies, if we recklessly push beyond our limitations, if we close our hearts and minds in fear, if we are greedy or inconsiderate, if we are conflicted within - these things lead to bad stress.

A point of interest that most do not know is that your stress may actually be subluxations. This is when there are distortions in your spine that have a direct impact on your nerves which produces both emotional and physical stress in a body. It is very important to find out where your stress is coming from. So, the next time you are frazzled and feel as though the weight of the world is bearing down upon your shoulders, make an appointment with your local Chiropractor and find out if it is a correctable stress because of subluxations or if you just need to get out and talk with some friends to alleviate the pressures of life.

The amount of stress a person has depends on several things. The degree of the stress and how that stressor is perceived that would cause undue stress and be perceived as very bad. If we don't take measures to stop these stressors and gain control of them, they can be very detrimental to our lives. It's impossible to avoid stress completely but we can learn to distribute the stress so it is a lot less likely to corrupt our lives.

JOB STRESS

Job stress is a frequent topic today in all work environments. Constant changes in work place technology, long commutes, and short deadlines for completing complex job tasks are just some of the reasons contributing to job stress. Job stress may not be immediately obvious but it is a slow process that erodes enthusiasm for the job as well as physical and mental health. The statistics for stress in the work place in the US is extremely high and getting higher. Nowadays with the economy the way it is, job stress is even higher, causing fatigue, depression, and feelings of insecurity.

 Job stress is a situation when pressure builds up in the brain during involvement in the job. Any job that gives strain creates unfavorable environment that affect brain and individuality is a situation of uneasiness and depressing. Individuality suffers from emotional injury and brain suffers from exhaustion during task. However, in both cases brain and body come in pressure due to their functional systems.

The most stressful jobs are those that provide few opportunities for making decisions or changes. Think of the conveyor belt that runs faster and faster while the worker tries harder and harder to keep up. Studies show, however, that stress more often comes from how we respond to stressful events than from the events themselves. Some people feel less stressed because they see themselves as able to cope. People who view themselves as in control generally feel less stress.

| Signs | of | Job | Stress: |
|--------------|-----------|------------|----------------|
| » | Taking | more | time off |
| » | Working | less | efficiently |
| » | | Losing | productivity |
| » | | Feeling | bored |

» Becoming depressed
» Having a negative attitude

The ultimate cure for job stress would be to have a job that doesn't cause stress, is simple and easy to live with. But for most people this is simply not an option. Instead, people with high stress positions in the work force need to create a divide between themselves and stress, and create a personal atmosphere at work that supports the working of this divide.



Stress reducers work when they are consistently utilized. The reason you don't notice such a huge difference when your first start is because the level of stress is still so high it is hard to recognize the effects the reducers are having. The key is to be consistent in your approach to stress relief. Choose your preferred form of stress reducers, preferably ones that suit your personality and schedule, and create a daily routine.

Adhere to this routine just as you do your exercise routine. Consider tacking on a stress reducing activity at the end of your exercise regime to help you save time.

Some tips for reducing job stress:

1. Prioritize your work. Write a "to do" list to keep track of your priorities.
2. Ask for help when you need it. If you have too much work, let your boss know what you can realistically achieve.
3. Don't take work home. You need time to re-energize.
4. Take short breaks at work. When you feel anxious or stressed, take five minutes to relax. Perform a deep breathing exercise or take a short walk.
5. Clear clutter from your desk. Put projects away until you need them.
6. Take time to reward yourself for a job well done. Remind yourself that you do good work.
7. Get enough rest and exercise.

Recognizing job stress is the first step in actually handling it. Fatigue is also a huge factor in handling it, on little sleep; every small problem becomes a huge one. When it comes to handling it, the best thing to do is attack the problem head on. First, if you're worrying about a layoff, do everything you can to make yourself feel secure. Try to ensure you have a safety net. Learn how to better manage your time at work so there's no time spent stressing over projects left unfinished. Another way is to plan regular breaks from work and create a balanced schedule so you know what to expect every day. Another great idea is to break you of self-defeating behaviors. If you are a perfectionist, try to relax a little bit and not worry so much about every little thing. If you're one of those people who come in late all the time or have other bad habits, a big step in handling job stress is to eliminate that as well.

WHAT ARE STRESS STRESSOR AND EUSTRESS?

Stress

Existence is a gradually becoming a very complicated process. In the olden days, life was much simpler. People were bothered with the day to day proceedings. They did not have much complicated life styles. Their unhappiness was much more basic. Maybe it stemmed from lack of money or resources, or the illness of relatives etc. The word 'stress' was virtually unknown at that time. These days, every few sentence includes the word stress in



it. Most people do not quite realize what exactly it is.

A situation or circumstance (not always adverse), which can disturb the normal physical and mental health of an individual. In medical terms 'stress' is defined as an alteration of the body's homeostasis. This demand on mind-body occurs when it tries to cope with incessant changes in life. A 'stress' condition seems 'relative' in nature. Extreme stress conditions, psychologists say, are detrimental to human

health but in moderation stress is normal and, in many cases, proves useful. Stress, nonetheless, is synonymous with negative conditions.

Stressor

The events that provoke stress are called stressors, and they cover a whole assortment of situations - everything from absolute physical danger to making a class presentation. Stressors are something that causes us to feel stressed. We get stressors build up from activities, experiences, or any situation that may cause stress. When we do not have sufficient foodstuff, water, or when we feel overworked, it causes stress to increase.

To learn how to manage stress, we must learn how to cope and reduce stressors. However, some of these stressors are encouraging. When you join in activities for example, you often have fun. Still, stress mounts. Therefore, after enjoying activities the best way to thrive on this positive stress is to relax. Relaxation comes from reclining and enjoying something that brings you happiness. For instance, you may relax by watching a healthy program on television, read a book, or just simply recline.

🔗🔗 When you take time to relax you, reduce stress by lessening up the stressors. On the other hand, when you are stressed from lack of foodstuff, this is unhealthy stress. You have the willpower to take control however by accumulating resources. Instead of letting the stress wear you down, take action. Call resources in your area to see if you have options in getting foodstuff to feed your family. Family community centers, welfare programs and other resources can offer you link to managing your problem. This will help you reduce stress by slacking up on stressors.

Eustress

Eustress, a type of positive stress is actually good for your body. It is basically a desirable form of stress which is healthful and gives a feeling of contentment. It keeps you excited about life. Eustress is actually important for us to have in our lives. Without it, we would become depressed and perhaps feel a lack of meaning in life. Not striving for goals, not overcoming challenges, not having a reason to wake up in the morning would be damaging to us, so eustress is considered 'good' stress. It keeps us healthy and happy.

Eustress also reminds us that we can view many of the stressors in our lives as 'challenges' rather than 'threats', and have extra vital energy to handle these stressors, without a feeling of being overwhelmed or unhappy. Unlike chronic stress that is taxing on your body, eustress does not have any unfavorable effects on your body. Instead, it lifts up your spirits and helps you stay in a good mood. Eustress provides the desired balance by evening out the negative stress.

Unlike negative stress, human beings actually need Eustress. It gives a meaning to life. Without Eustress, you would never feel excited or strive more to do a particular task. Lack of excitement or absence of extra initiative would make our life plain blank or in fact meaningless. Without a desire to do anything, you will not have a reason to get up every morning. This is the reason why Eustress is important.