

Be Well AdvisedAbout Stress

Stress is the body's response to a threat – and occurs whether that threat is real or imagined. We are still “wired” as we were in the days of the caveman, when lives depended on a heightened sense of vigilance to danger. When our mind perceives that we are in danger - we prepare for “fight or flight” - to escape to safety or stand and fight the enemy.

When we are stressed, tremendously powerful hormones course through our bodies getting our hearts and the large muscles of the legs ready to take on the challenge of escaping the stressor. To fuel this “escape” blood is shunted away from seemingly less important organs at the moment – including the digestive and reproductive systems.

Ever wonder why you crave carbohydrates when you are stressed? Carbohydrates are the fastest fuel source to provide energy for running away.

So what's the problem? In today's world, we usually cannot physically “run” from our problems. But our body still tries to do just that – run! What happens to us then? How does our body handle the frustration of wanting to run away or initiate the fight and not being able to do it? According to clinical and cultural research spanning many decades, the following are just some of the conditions caused by or exacerbated by the stress response:

- Heart attack
- Infertility
- Fatigue
- Accidents
- Diabetes
- Sleep disturbance
- Cancer
- Gallbladder disease
- Missed workdays
- Stroke
- Migraine
- Irritability
- Depression
- Infections
- Anxiety/Panic Attack
- Hypertension (high blood pressure)
- Menstrual Irregularities
- Weakened immune system

What can you do about stress? Here are two universal truths:

#1 Get out of denial – it's a killer. Just because you make it through every day even though you are stressed out, does NOT mean that stress isn't hurting your health and quality of life! Surviving stress is not enough.

#2 Get help – Stress Management – *good* stress management training is a lifesaver. It affords you the opportunity not only to improve your life, but also perhaps to save it. Heart Disease, Cancer and Stroke are the top three killers in the United States. All have a stress component that you can do something about.

Dr. DeMasters has spent her career researching and teaching the best, individualized strategies to mitigate the stress response and keep today's stressors from causing tomorrow's illness, threat to our health, reduced quality of life and impaired productivity. Well Advised Consulting provides a personalized approach to finding what works for you – *faster* and *more effective* other approaches.