

STRESS



While minimal amounts of stress can be beneficial, excessive stress over an extended period of time can be very detrimental to one's health. Too much stress can lead to increased cortisol levels, which can cause blood pressure, cholesterol, and glucose (sugar) problems.



CORTISOL

Cortisol is the hormone our body produces during stressful situations. Although cortisol gives us the ability to handle stress, too much cortisol can lead to several serious health issues.

Increases in cortisol can cause abnormal blood sugar levels and elevated blood pressure and cholesterol.

Since cortisol breaks down muscle tissue, excess levels can also lead to weight gain, especially around the "mid-section".

STRESS MANAGEMENT TECHNIQUES

EXERCISE

- Exercise, particularly cardiovascular exercise, appears to increase norepinephrine in the brain. Norepinephrine is a chemical that allows our brain to deal with stress more efficiently.

PROPER NUTRITION

- While eating right cannot reduce a person's stress levels, proper nutrition can prepare our body for stressful situations. Getting the appropriate amounts of key nutrients improves our body's immune system, allowing it to function during times of stress.

TIME MANAGEMENT

- Especially during the holidays, time seems to be a rare commodity. However, setting priorities and managing your time wisely can help reduce stress levels. Learn to say NO to activities/events that are not on your priority list

SLEEP

- Sleep helps rejuvenate your body and regulate hormones and appetite. Try to get at least 7 hours every night.

STRESS

Stress occurs when we fail to adapt to a change. Good stress (eustress) and bad stress (distress) both have the same effect on our body.

Therefore, even when you are experiencing stress during a joyous time, your body is responding in the same way it would during a hectic situation.