

taming stress

Do you feel that stress is running your life?

If you feel that stress is continually clawing at you or threatening to disrupt your enjoyment of life, you're not the only one! Recent clinical studies reveal that stress is a major factor in three out of four visits to a doctor.

The complaint is often some physical manifestation of stress like headaches, insomnia, heartburn, recurring colds or infections, persistent injuries or, in worst case scenarios, a heart attack. Stress may be a significant contributing factor to these symptoms, however, by learning more about what causes stress and how to manage it, you can greatly reduce your stress levels and the resulting physical indications thereof.

what is stress?

Stress causes a physiological response in your body producing a hormone called adrenaline. This prepares you for action. Your heart rate increases, blood pressure goes up, eyes dilate and the blood is shunted away from the intestines. The effects of stress on the body are cumulative throughout your day and your life.

managing your stress levels

To reduce the impact of stress on your body, you need to improve your tolerance and your ability to handle stressful situations. Stress management is not a natural ability; you need to learn it. If you can get a handle on stress early on by taking a preventative approach, you can reduce stress by increments so the overall effect is reduced and thereby less harmful to your body.

physical activity - the natural way to reduce stress

Endorphins are the hormones that are a natural suppressant to adrenaline. Aerobic/cardiovascular exercise causes the production of endorphins which produce feelings of euphoria and relaxation. Therefore, when you exercise regularly, your stress levels are reduced and your health improves.

relaxation

Another way to reduce your stress levels is through relaxation. Relaxation can be any activity that takes your mind off the stress you are feeling. This may involve enjoying a good book or movie, letting your frustrations out on a boxing bag, doing yoga or having a massage. The key is finding an activity or technique that works for you and ensuring you incorporate this into your regular routine.

Stress needn't run your life! At Active, we have a range of activities and programs designed to improve your health, reduce stress and generate physical and mental well-being, including pilates, physiotherapy, ergonomic and workplace assessments, corporate wellness programs, massage and reflexology therapy, complimentary video and DVD hire, as well as fitness classes and our 25m, three-lane outdoor heated pool.

further information:

active health club
lower level, the conference centre
7 talavera road, north ryde nsw 2113
p: (02) 9870 8775 f: (02) 9980 9089