

1 **Managing Stress**

Semester A: Basics

Class # A8

Nov 17, 2015

2 **Effects of Stress on Our Wellbeing**

- Physical (Biological)

- Emotional (Perceptual)

Both have the same end effects on us

“Some” stress is unavoidable and is a normal occurrence of living an active and “Interactive” life

3 **Types of Stressors**

- Normal Stressors

Usually are brief & Recovery time is short

- Abnormal/Chronic Stressors

Stressors remain for a prolonged period

Require a prolonged biochemical response that “Overload” the body’s recovery ability and is potentially damaging to several organs.

4

“Fight or Flight” Response

Chain reactions of a Stressor:

1. Heart rate increases
2. BP goes up
3. Blood is shunted away from skin and internal organs except the “Heart and Lungs” to supply muscles extra energy
4. Breathing rate increases
5. Digestive juices severely restricted or stopped
6. Blood sugar level elevated to supply extra energy to muscles (liver dumping stored glucose)

5

Abnormal/Chronic Stressors

Effects of Prolonged body's response to stress

- Can deplete the body’s stores of stress fighting hormones.
- Can deplete the body’s stores of potassium and glucose.
- Lead to a state of “Organ Exhaustion”, generally the weakest organ would be the first to fail.
- When ADRENAL hormones are depleted, HYPOGLYCEMIA can occur and cells of the body will not get enough glucose and other nutrients.

6 **Seven Strategies to Manage the Stress**

1. Identify the source of Stress
Change your situation or change your reaction to the situation
2. Start a Stress Journal

3. Take Nutrients:
Potassium, B Complex, Vit C, Zinc (15 mg 3 times day) Magnesium
4. Exercise
 - Necessary to normalize blood sugar
5. Use a Relaxation Technique
 - Meditation
 - VisualizationThey all produce a "Relaxation Response"
6. Make Time for Rest & Recreation

7. Adopt a healthy lifestyle
 - Eat a healthy diet
 - Reduce caffeine and sugar
 - Avoid alcohol, cigarettes, and drugs

7 **An Exercise to De-Stress**

1. Sit in a passive, comfortable position.
2. Practice one or more of the following activities several times each day:
 - Deep breathing.
 - Whole-body tension.
 - Shoulder shrugs and head rolls.
 - Imagine air as a cloud.

8 

Presentation by Phil Feilds

Produced by Max Haroon,
Life Transformation Institute
www.friendsofheart.org
email: max@maxharoon.org
Voicemail 416-891-4937