

UNDERSTANDING STRESS

A Guide to Managing the Fight or Flight Respons

WHAT IS STRESS?

STRESS IS A NATURAL RESPONSE TO CHALLENGES OR THREATS IN OUR ENVIRONMENT. IT CAN BE A NORMAL PART OF LIFE, BUT WHEN IT BECOMES OVERWHELMING, IT CAN NEGATIVELY IMPACT OUR PHYSICAL AND MENTAL HEALTH.



The fight or flight response

The Fight or Flight Response
When we perceive a threat, our body triggers the fight or flight response. This automatic reaction prepares us to either confront (fight) or escape (flight) the danger.

Symptoms of Fight or Flight:

- **Physical Symptoms:** Increased heart rate, rapid breathing, tense muscles, sweating, and a surge of adrenaline.
- **Emotional Symptoms:** Anxiety, fear, irritability, and heightened alertness.
- **Behavioral Symptoms:** Urge to run away, aggressive behavior, or inability to stay still.

Common Causes of Stress

- Work-related pressures
- Financial difficulties
- Relationship problems
- Health issues
- Major life changes



Managing Stress

Recognize the signs

- Notice physical symptoms like headaches, muscle tension, or stomach issues.
- Be aware of emotional changes such as feeling overwhelmed, anxious, or irritable.



Practice Relaxation Techniques

- **Deep Breathing:** Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth.
- **Progressive Muscle Relaxation:** Tense and then slowly release each muscle group, starting from your toes and moving up to your head.
- **Mindfulness Meditation:** Focus on the present moment, acknowledging and letting go of distracting thoughts.



Build a Support System

- **Talk to Someone:** Share your feelings with friends, family, or a therapist.
- **Join Support Groups:** Connect with others who understand and can offer advice and encouragement.
- **Set Priorities:** Focus on what's most important and let go of less critical tasks.
- **Break Tasks into Smaller Steps:** Tackle projects in manageable chunks to reduce overwhelm.



Maintain a healthy lifestyle

- **Exercise Regularly:** Physical activity can reduce stress hormones and improve mood.
- **Eat Balanced Meals:** A nutritious diet supports overall health and stress management.
- **Get Enough Sleep:** Aim for 7-9 hours of quality sleep each night to help your body recover and handle stress better.

Conclusion

Remember: Stress is a part of life, but with the right tools and support, you can manage it effectively and lead a healthier, happier life.



MindSoulness Hypnotherapy

Discover the invisible source that shapes your mind