

Managing Stress

Stress is a natural response and emotion to the total well-being of a human being. Stress is the body reaction to change or taxing demand. There is positive (good) stress and negative (bad) stress. Positive stress, medically is Eustress. Negative stress, medically is distress.

The Differences of Stress:

Eustress

Eustress, or positive stress, has the following characteristics:

- Motivates, focuses energy
- Is short-term
- Is perceived as within our coping abilities
- Feels exciting
- Improves performance

Distress

In contrast, Distress, or negative stress, has the following characteristics:

- Causes anxiety or concern
- Can be short- or long-term
- Is perceived as outside of our coping abilities
- Feels unpleasant
- Decreases performance
- Can lead to mental and physical problems

Managing Stress:

The natural remedy to managing stress is regular exercise, mental rest breaks, and enough sleep to function correctly. Exercise is the number one stress deceiver promoting good health and sleep. Chemicals called “Endorphins” is released into the body. Too much exercising is never advised because of the strain to the body and mental capacity.

The Top Seven Effects of Exercising and Endorphins

- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improves sleep
- It strengthens your heart
- It increases energy levels
- It lowers blood pressure