THE **STRESS** RESPONSE

(ALSO KNOWN AS FIGHT OR FLIGHT)

Stress is the discrepancy between our physical and emotional demands and what we perceive our resources to be. When our duty outweighs what we think we can handle, the response we feel is called strain and is part of the stress response

Stress can challenge and motivate us, but this type of stress is usually associated with a pleasurable activity or project. i.e. catering for a dinner party or getting a fun work project finished in time and is easier to bounce back from

The trick is to use stress relief techniques every single day to ensure these small bouts of stress don't advance us to the next stage of response. If you think you are already there, it is never too late to get your body back to equilibrium.

You take the time to fill up your car when it needs petrol right? This means you have the time to give your body the same respect. Time can be set aside for anything if it is important enough.

- Short term only
- High blood pressure
- High blood sugar
- Heart Rate increases
- Blood is redirected to limbs
- Pupils dilate

- Cortisol stays high
- Blood sugar stays high
- Health is at risk
- · Wear and tear of the body will happen easier.

1. ALARM STAGE

Daily hassles such as traffic and running late may cause this alarm state. The goal is to go back to how you were before this experience so it doesn't escalate to the next stage.

2. RESISTANCE STAGE

THE PROCESS

- The hypothalamus releases CRH
- The pituitary releases ACTH
- Adrenal glands release Cortisol and / or adrenaline
- · Once the stressor is removed, symptoms should stop
- · This response depends on one's behavioural, cognitive and emotional state.

KEY FACTORS

Genetics

- Exposure to stress as a
- · Frequency of exposure
- Resources
- Sleep
- Time to recover

Highest disease risk

- Low energy
- Poor immunity

3. EXHAUSTION

LONG TERM CORTISOL RELEASE

- · Higher Risk of Cardiovascular illness
- Memory issues
- Chronic Fatique
- Inflammatory conditions

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