

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.

