

Stress Management: Inside Your Brain



What is stress?

- A physical, mental, or emotional response to external pressures or demands, which can affect a person's well-being and health.
- Why manage it? To balance and improve:
 - Health
 - Mental well being
 - Relationships
 - Quality of life



What happens during stress

1



What do stress hormones do?

Stress hormones do the following to the body

- Increase heart rate and blood pressure for action
- Releases cortisol which increases blood glucose allowing energy mobilization
- Suppress non essential functions
- Increase respiratory rate



- Stress triggers the hypothalamus to release CRH
- CRH signals the pituitary gland to release ACTH
- ACTH travels to the adrenal glands, prompting the release of cortisol.
- Cortisol prepares the body to handle stress by increasing blood sugar, enhancing brain function, and suppressing non-essential functions.
- Long term effects are decreased cognitive function
- Suppression of non essential functions give several negative health impacts



3 Stress Management



Techniques like mindfulness, exercise, and therapy can help regulate the brain's stress response and promote well-being.

- *Mindfulness*= regulates the HPA axis
- *Exercise* increases endorphin release=elevating mood
- *Social support* acts as a buffer between individual and stress
- *Cognitive Behavioural Therapy*=break a negative thought pattern



Take-Home message

Understanding the neurobiology of stress helps us identify triggers and develop effective strategies for managing stress, promoting mental and physical well-being.



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Practical Stress Management John A. Romas,Manoj Sharma,2025-09-15 Practical Stress Management A Comprehensive Workbook Ninth Edition provides an accessible and actionable guide for individuals seeking to improve their ability to cope with stress effectively Featuring engaging activities insightful explanations and evidence based strategies this workbook equips readers with the tools to identify stressors understand their impact and implement techniques to maintain mental and physical well being Its practical orientation ensures that users not only learn about stress management but also apply these principles directly to their lives fostering resilience and balance Packed with user friendly exercises case studies and new features tailored for contemporary needs the book supports both personal growth and professional development Whether for individuals navigating daily pressures or professionals assisting others in stress management this comprehensive workbook provides a valuable resource for building healthier habits and improving overall quality of life Addresses stress related to artificial intelligence remote communication and other technology driven challenges making the content highly relevant to today s environment Explores a wide range of topics such as relaxation techniques anxiety and anger management communication skills and balanced nutrition and exercise Features user friendly worksheets and reflection exercises to help readers apply stress management techniques in everyday life Addresses current mental health challenges offering strategies to build resilience and maintain well being amid increasing stressors

Incorporates the latest scientific advances including responses to COVID 19 related stress and the growing impact of technology on daily life

Organizational Stress Management A. Weinberg,V. Sutherland,C. Cooper,2015-12-30 Including practical advice on how to conduct a stress audit and how to target stress hot spots within an organization Organizational Stress Management provides a fresh strategic model for the manager concerned with the negative effects stress can have both on company performance and the quality of life of individuals at work

A program evaluation handbook for health education programs in stress management IOX Assessment Associates,1982

Clinical Engineering Handbook Joseph F. Dyro,2004-08-27 As the biomedical engineering field expands throughout the world clinical engineers play an ever more important role as the translator between the worlds of the medical engineering and business professionals They influence procedure and policy at research facilities universities and private and government agencies including the Food and Drug Administration and the World Health Organization Clinical engineers were key players in calming the hysteria over electrical safety in the 1970s and Y2K at the turn of the century and continue to work for medical safety This title brings

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