

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

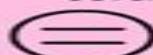
- Increase heart rate and blood pressure for action
- Releases cortisol which increases blood glucose allowing energy mobilization
- Suppress non-essential functions
- Increase respiratory rate

2



HPA Axis

- 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.



Stress Management Reviews Vs

Mark S. Micozzi

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A collection of systematic reviews or meta-analyses on the effects of behavioral and psychosocial interventions for psychological well-being Iris Chi,Zhenggang Bai,Fang Fu,Ai Bo,2022-04-20 [Stress Management](#)
Pardess Mitchell,2023-12-12 Everyone experiences stress in their lives While it is a natural response to challenges stress can have debilitating effects on both physical and mental health Stress Management offers a fresh look at and effective strategies for managing stress and building resilience across six dimensions of wellness physical emotional intellectual social spiritual and environmental This foundational text takes a holistic approach to managing stress detailing the effects of stress on the body and outlining techniques that examine root causes and proactive responses to stressors Stress Management offers a range of coping strategies that will help students formulate a well rounded plan to tackle stress from multiple angles before it occurs while it is occurring and after it occurs That model is centered on four primary pillars Source management reducing or eliminating stress at its source Relaxation employing techniques for breathing meditation and rest to focus the mind and relax the body Thought management adopting a thought process to better manage the stressor Prevention avoiding stress when possible The book also offers practical tools to help students learn how to identify their triggers practice self care and leverage support including knowing when to seek professional help when necessary To further aid in applying the strategies to their own lives the text includes these features Case studies with discussion questions that prompt students to consider real world scenarios and contemplate ways to solve those stressors Research Spotlight elements that present current issues and hot topics related to stress Online learning tools delivered through HKPropel including audio mini lectures and short interviews self discovery activities chapter quizzes that are automatically graded and provide immediate feedback and vocabulary flash cards and quizzes Stress Management is a timely and highly practical book that offers students a deeper understanding of stress and its effects on overall wellness It guides them in putting together a stress management plan that will help them be healthy in all aspects of their lives Note A code for accessing HKPropel is not included with this ebook but may be purchased separately **Stress Management in the Construction Industry** Mei-yung Leung,Isabelle Yee Shan Chan,Cary L. Cooper,2014-12-29 This systematic review of stress management in construction will help an understanding of the issues and theory as well as offering practical recommendations addresses the growing concern to make work in construction healthier safer and more productive integrates research results survey statistics and scenario analyses to reveal underlying causes of stress offers recommendations for reducing Stress [Comprehensive Stress Management](#)
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