

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

What is stress?

"Stress is the non-specific response of the body to any demand made upon it."

-DR. HANS SELYE
C.C., M.D., PH.D, D. Sc.

PeerEDUCATORS

Be on the look out for the Peer Health Education Team over the next few weeks as they distribute goodies to students as they study for their exams .

The Team will be handing out water and student "**Calm Kits**" Each Kit includes: ear plugs, a lollipop, kleenex, hot chocolate, green tea, and a chocolate. **LIVE WELL.**

Causes of Stress

(Source: www.bchealthguide.org)

Long-term (chronic) stress is the type of stress that causes the most serious problems. Conditions that may lead to chronic stress include:

✱**Health problems:** chronic illness such as heart disease, diabetes or arthritis.

✱**Emotional problems:** unexpressed or uncontrolled anger, depression, grief, guilt, or low self-esteem.

✱**Relationship problems:** if you do not have someone to share your feelings with or are having difficulty in a relationship.

✱**Your surroundings:** if you live in a dangerous or uncomfortable area where overcrowding, crime, pollution, or noise is a problem.

✱**Your job:** you are unhappy with your work or your work is dangerous or too demanding.

✱**Your social situation:** poverty, loneliness, or discrimination based on race, gender, age, or sexual orientation.

✱**Your spiritual health:** you feel out of sync with your core beliefs, or your life activities and pursuits don't correspond with your deepest joy.

What happens during a stress reaction?

(Source: <http://www.davidposen.com>)

There is an **increase** in:

- ✱Heart rate
- ✱Blood pressure
- ✱Breathing rate
- ✱Muscle tension
- ✱Perspiration
- ✱Blood sugar and cholesterol
- ✱Blood flow to the brain, heart and muscles

There is a **decrease** in:

- ✱Blood flow to the skin
- ✱Blood flow to the kidneys
- ✱Blood flow to the digestive tract

Some ways to manage your stress:

- ✱Exercise
- ✱Relaxation techniques
- ✱Sleep
- ✱Massage
- ✱Spiritual Practices
- ✱Counselling
- ✱Listening to music/ stress CD
- ✱Meditation
- ✱Spending time alone
- ✱Talking with someone
- ✱Time away from the stressor

✱manage your stress by contacting us at the EnCana Wellness Centre.