

INSIDE



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Be Your Best, Don't Get **STRESSED**

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The Plight Is Arthritis

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The Plight Is Arthritis



burnout

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Don't Burnout



Greenville
S. Carolina

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"Migun Goes Green"



Be Your Best, Don't Get

STRESSED

Stress victims often battle the stress and eventually snap at friends, family, or coworkers.

Stress is a problem that all people must deal with throughout their lives. It can come in many forms and does not affect all people the same. Stress is a physical and emotional reaction to changes which we encounter in our lives. These reactions can be positive or negative. Stress benefits us when it sharpens people to deal constructively with their problems. Yet, stress very often has negative effects. When stress is continuous without relief, it can lead to a multitude of health problems. How people deal with this stress determines the positive and negative effects on them.



Stress Has a Purpose: Fight or Flight

The human body's answer to stress is the "fight or flight response." This response causes increases in heart rate, muscle tension and blood pressure. All of these pay off by increasing concentration and reaction abilities. When the cause of the stress is gone ones body returns to normal and recovers from the intensity. Stress is a tool that has kept the human species alive throughout history. The tool of stress is good at the right times and places. However, stress becomes a problem when it is nonstop. Chronic stress without relaxation can take a tremendous toll on your body.

Change Is Stressful

The types of changes and situations that may cause stress include major life events and everyday activities. Some people may receive massive amounts of stress from public speaking or a job interview. These two aren't life changing, but when these people live in the moment it can be overwhelming for them. Then there are major life milestones such as getting married or having a baby. These are not bad events in a person's life; in fact they should be enjoyed and remembered fondly. Nevertheless, people's lives are changing directions and they are being put in a situation that makes them uncomfortable because it is unfamiliar.

Health Risks

There are multiple risks associated with stress. Prolonged stress weakens the immune system. People become ill more often. The stress can manifest itself as back pain, headaches, ulcers, fatigue, insomnia, shaking, or even cancer. Secondly, many people use drugs, alcohol, and cigarettes to deal with their stress. But, the use of these substances is only a temporary fix and soon the addictions worsen the stress levels. Then one has to come to terms with the idea of quitting the addictions which brings about more stress.