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



What do stress hormones do?

Stress hormones do the following to Increase heart rate and blood

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



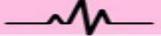


HPA Axis



- Stress triggers the hypothalamus to release

- 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











Stress Management

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

- Mindfulness= regulates the HPA axis
- Excercise 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

Mary O. Eyles

Stress Management Reviews:

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Stress, Coping, and Corporate Stress Management Tanya Bonner, 2004

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