

Stress

What is it?

It is a reaction or response to extreme or continued pressure and challenges. The inappropriate level of pressure can exist, whether real or perceived. This pressure can turn into stress when you feel unable to cope.

Many of life's demands can cause stress, particularly work, relationships and money problems

This added pressure causes your brain and body to release stress hormones to enable you to deal with these pressures or threats – the "fight or flight" response.

How do you cope?

These coping strategies may temporarily reduce stress, but cause more damage in the long run:

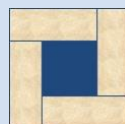
- Smoking
- Drinking too much
- Bingeing on junk or comfort food
- Zoning out for hours in front of the TV or computer
- Withdrawing from friends, family, and activities
- Using pills or drugs to relax
- Procrastinating
- Sleeping too much

If your methods of coping with stress aren't improving your physical and emotional health, it's time to find healthier ones.

Stress management

You can regain your emotional balance by learning to effectively deal with stress in the moment. You can acquire the skills to successfully navigate the challenges in life and become more resilient.

If you are looking for extra support and guidance through a challenging situation or are just ready to move in a different direction in your relationships, I look forward to working with you to achieve your goals. Please call or email me for an individual, couples, or family therapy consultation today.



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