

## Stress reduction

**There are 2 types of stress life threatening and chronic.** Your body responds to both types of stress in the same way by **secreting adrenaline and cortisol** stress hormones to make it through the stress. Too much of a good thing, however, is eventually a bad thing.

Types of Stress	3 levels of adapting to stress	How to reduce stress and enter 'safety' zone
1. Immediate life threatening	Level 1 – fight or flight Stress hormones save your life	
2. Chronic non-life threatening stress  According to the American Institute of stress, up to 90% of all health problems are related to stress.  Additionally a large body of research confirms that our thoughts and emotions have a dynamic effect on our health and vitality	<b>Level 1    fight or flight</b> <b>Level 2    Resistance</b> Adrenal glands have produced increased amounts of hormones in attempts to adapt to continued demands. Body energy reserves are now being depleted.  <b>Level 3    Exhaustion</b> Adrenal levels decline compromising body – full recovery difficult. High levels of cortisol prohibit body repair and regeneration during sleep. Excessive hormones are shortening your life by using up bio-chemicals faster than you can rebuild them.	Participate in brain downtime activities – <i>give it a rest from being bombarded with 1000 different thoughts, tasks, &amp; ideas.</i> “Restful awareness”  Identify and manage stress triggers. Harness your thoughts.  Train your mind and body to move into the “safety” zone.

Stress causes your body to use up its bio-chemicals. Your body needs to use bio-chemicals to accomplish your daily activities. Therefore some “stress” is OK. However, you want to avoid excessive stress, because your body uses up more bio-chemicals faster than it can rebuild them. This damages metabolism and leads to metabolic aging, degenerative disease, and earlier death. \*Information from *The Schwarzbein principle II*, by Diana Schwarzbein, M.D

Your body responds to your Subconscious mind's <b>PERCEPTION</b> of <b>SAFETY</b> or <b>DANGER/STRESS</b>	
Your Subconscious mind controls your ANS: autonomic nervous system which has 2 primary sub-systems are areas:	
<b>1. Parasympathetic System: safety</b>	<b>2. Sympathetic System: danger or stress</b>
Homeostasis = balance	Fight or flight - Heart rate increases & blood pressure
Energy flows into organs and hands/feet	Energy away from organs and into leg and arms muscles.
Adrenal glands healing brain resetting and rebuilding neurotransmitters lower insulin levels Blood pressure normalizes	Brain signals adrenal glands. <b>Adrenaline and cortisol stress hormones secreted.</b> Higher insulin levels Hormones impact the Heart, stomach, liver, sex organs
Immune function increases	Immune system decreases
Digestive system increases	Digestive system decreases
Reproductive system improves	Reproductive system decreases
Higher mind problem solving – easy to find solutions to challenges	Old safety programs running – hard to solve problems or see obvious solutions to crisis
Natural endorphin – “natural morphine” 200 times stronger than man made morphine	Pain more obvious and more difficult to manage Accelerated aging
Positive feelings Peace, happiness, power, joy Positive thoughts of self and others keep the body in the safety zone.	Negative emotions like anger, sadness, fear, hurt, guilt, anxiety, shame ; negative work environments; and negative self thoughts kick on the sympathetic system.