

Don't Stress It

Many people complain of being stressed during the holiday season. But stress is not healthy. Thanksgiving is just around the corner and Christmas, New Years, etc. will follow soon after . . . but **don't stress!**

How does the human body respond to stress?

"First, the nervous system activates and the hormones adrenaline and cortisol are released into the bloodstream. These hormones speed up your heart rate, breathing rate, blood pressure and metabolism. In a crisis



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situation, this is a good thing, but as a daily occurrence, these stress responses are extremely unhealthy." –D'Arcy Lyness, PhD, July 2007

Can a positive mental attitude really help me cope with stress?

"A positive attitude can protect against feeling unhappy when one is stressed out; but may also protect people from the physical damages that occur in the body as a result of stress. This is

probably because a positive attitude allows us to perceive stressful situations in ways that seem less threatening or less dangerous, and when that happens, our brain doesn't tell our body to activate all these stress and inflammatory pathways that damage health." –Charles Raison, MD, Emory University School of Medicine

Remember:

"A pessimist is one who makes difficulties of his opportunities, and an optimist is one who makes opportunities of his difficulties." –Harry Truman

YOU decide whether you'll be a pessimist or an optimist.