



[Facts About Stress During Stress Awareness Month](#)

A Short, Brainy Tale

for Stress Awareness Month: April 2012

meet max.  max is a lot like you and me.
(max is stressed. to the max.)

Stress is a big deal.
Can you relate?



Max, you need to relax.

your brain stressed.

Powerful hormones like cortisol and adrenaline are prepping your body to fight, flee, or freeze. If they continue being released, they start to damage your brain, heart and other organs.

Under chronic stress, parts of the brain actually shrink and atrophy.



Negative thoughts start to kill off neurons, and your mood becomes depressed, foggy, sluggish, and anxious.

Decision-making, reason and judgement are shut down. The oldest, most reflective structures in the brain are in control now.

your brain relaxed.

Powerful neurochemicals like dopamine and serotonin flood the brain, providing an unshakable sense of well-being, peace and confidence and yes, happiness!

Your oxygen levels rise, your heart and breathing rates become lower.



The parts of the brain responsible for creativity, reason, good decision making, and problem solving are now fully active and available to help you make the most out of your life. Wow!

Human Growth Hormone (HGH) is released in the body, in order to heal cell damage and remove free radicals caused by prolonged exposure to stress.

Here's how you can lower stress and relax.

Science has proven that meditation is extremely beneficial for brain and body.

Laugh with others. Studies show happy people are more resilient.

Exercise and play keep you fit, engaged, and active while lowering stress levels.

Find positive things to focus on. Optimism changes your brain!

About Meditation:

Perhaps even more than exercise, a daily 20 minute meditation practice can give you a better perspective, reduce harmful stress chemicals in your brain, improve your immune system, and raise your overall sense of well-being. Coupled with healthy eating and exercise, you'll be unstoppable!

Train Your Brain:

You can teach your brain to stop the Stress Response, and immediately trigger your body's natural Relaxation Response. There really is no reason to live with dangerous levels of stress. You can enjoy the benefits of deep relaxation any time you want by training your brain to go there, right now!

Wow, Max! You look great!

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science for a balanced life

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*sources include:
American Psychological Association
National Institutes of Health

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Ahead of its opening this summer, the team at 27 Magdalen Street have pulled together some of the best things to do in Colchester.. Since April is National Stress-Awareness Month, I thought the best way to ... So here is a list of 10 positive ways you can respond to the stress in your life and keep ... day you just experienced and list five things about the day that delighted you.. April is National Stress Awareness Month - the campaign aims to not ... a number of things you can do to reduce personal stress (some of Stress Awareness Month has been held every April, since 1992. During this annual thirty day period, health care professionals and health promotion experts According to the Mental health Foundation 74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope.. Stress Awareness Month takes place every April and has since it first launched ... Stress can be positive when it motivates us to get things done, There are several types of stress and we all tend to face these at different times in our lives. The everyday stresses of jobs and family are the most Share important facts about stress reduction and show how much you care with our educational stress management tools and popular giveaways like our squeeze If we let it get out of hand, stress can be debilitating, and can even lead to ... about even the smallest things causes bounties of stress and anxiety. ... In honor of Stress Awareness Month, we've provided three ways to cope with Stress Awareness Month: Are You Taking Care Of Your Mental Health? 5th April ... Yes, little things can make me quite agitated and flustered.. Two friends talking over a cup of coffee. April is Stress Awareness Month, so we're going to bring you a series of blogs about coping with stress.. Upon its creation, Stress Awareness Month aimed to tackle growing ... Highlighting the key facts surrounding why a certain level of stress is a Did you know the facts Of Stress Awareness Month? Improve your ability to cope with stress is something, you can start today itself to find relief In fact, 77 percent of Americans report that they experience physical symptoms as the result of stress. Additionally, 33 percent feel they are living In fact, long-term stress can lead to a wide range of illnesses—from ... health, weeks or months of stress can dampen your immune response and raise your risk We have a number of resources that you can use to ascertain your own stress levels and tips on how you can de-stress. Are you stressed? Do you want to check Everyone feels stressed from time to time, especially as we get older and the responsibilities really pile onto our plate. The thing about stress is, a little bit of it isn't Check out this Stress Infographic for Stress Awareness Month and find out how stress can impact your health and what you can do to prevent it. Read more!. It's sickening — literally People under stress – especially those prone to chronic stress — are more susceptible to a variety of ailments, from headaches and insomnia to high blood pressure and heart disease.. The first Wednesday in November each year is National Stress Awareness Day. ... things you can do to manage the amount of pressure you're under day to day. ac183ee3ff

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