

# Stress Management

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## What is Stress?

### A Reaction in the Body:

- Rapid pulse
- Shortness of breath
- Stress hormones
- Increased circulation to muscles
- Sensory/instinctual thoughts

### Changes in Personality:

- Irritable
- Frustrated
- Insecure
- Lacking humour
- Distracted
- Disconnected
- Hopeless
- Judgemental
- Little interest in fun activities

### Dangers: Humans can get used to anything

- Adapting to stress means getting used to a nervous system in overdrive, a body that is overtaxed, and unstable emotions
- This results in chronic health problems including heart disease, arthritis, adrenal fatigue or collapse, depression, anxiety, insomnia, irritable bowel, obesity, decreased immunity
- This also results in chronic relationship problems including strained coworkers, isolation, loneliness, and divorce

## The Way Out

### Change Your Brain:

- Autosuggestion/Self-hypnosis techniques
- Fuzzy synapses in the right places -> practice relaxation instead of stress
- Carve out new pathways -> get your mind used to thinking calmly instead of stressing out
- Choose your thoughts, they don't "just happen"
- Focus on the thousands of things you can control, not the millions of things you can't
- Celebrate what you did well
- Don't dwell on problems, bad feelings, or complaints

### Move Your Body:

- Control your own heart rate
- Wash stress hormones out of brain and blood
- Release "happy chemicals" and natural painkillers
- Yoga poses bring the nervous system into balance
- Aftereffects of exercise mirror a relaxation response in the nervous system

### Relate Differently to Your World:

- You are in control of every thought and response you have and choose how you react to stress
- You choose your diet, exercise, and sleep routines
- You decide to participate in fun activities
- You are the master of your emotions -> no one can "make you feel" anything

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