

# WV Wellness

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*Mind, Body and Spirit*

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## Do you know how to beat stress?

It's worth noting that stress isn't always an entirely negative thing: understood as mild nervous tension, it is the basis of a stimulating force that spurs your mind and body to give their very best.

Problems arise when you pass that certain threshold – which is different for every person - beyond which this positive force becomes a concrete psychophysical problem.

**How can you tell when stress is starting to get the upper hand?** If you notice a backache, headache, insomnia, or high blood pressure, or if you feel especially tired and irritable, then now is the time to get some exercise!

Do you think that all these symptoms make a thorny problem to solve? Don't worry: if excessive psychological pressure is causing all your stress-related problems, **appropriate and regular physical activity could be just the thing you need to find relief and help ease the psychological burden so you can recover a little serenity.**

### **Muscle, joint, and back pain**

Widespread soreness when you're stressed is caused by stiffening muscles: your body's posture, for example, begins to mirror the tension of your psychological situation, and your muscles begin to lose their elasticity and mobility.

**You can achieve excellent results with exercises that promote relaxation for your muscles, like stretching:** start by stretching the muscle group in the area that hurts as far as possible, hold that position for a few seconds, and then release and return to your starting position.



**Willamette View Wellness Program 503-652-6568**

### **Irritability and headache**

Physical exercise is an excellent natural deterrent for the hyper-reactivity and headaches linked to an excessive production of adrenaline, which is typical of stress.

**Any kind of training, done at the right intensity level, will increase the production and release of endorphins** (the "happiness hormones" that athletes all know well), which convey a pervasive and lasting feeling of wellness in your body and your mood, reducing the effects of the overproduction of adrenaline and restoring balance to the hormones in your body.

### **High blood pressure**

As with your muscles, stress also puts pressure on the walls of your arteries, which constrict, causing high blood pressure. One of the most effective ways to fight this side effect is to get aerobic exercise: **with just three weekly sessions of good cardiovascular exercise at 40-60% of your cardiac range, blood pressure drops noticeably and remains stable, even for many hours after training.**



Discover the therapeutic power of exercise to fight stress: you'll have an effective weapon that's always available for your psychophysical wellness.