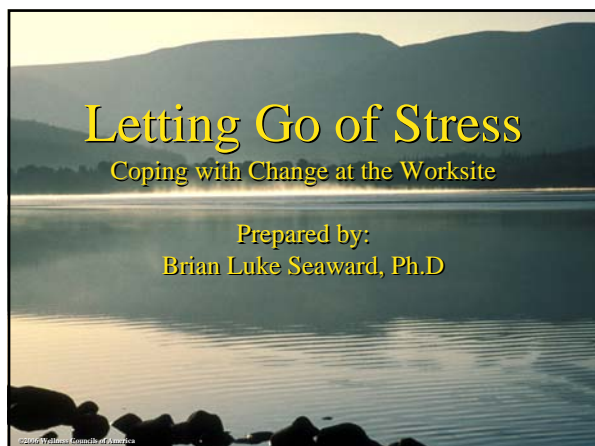
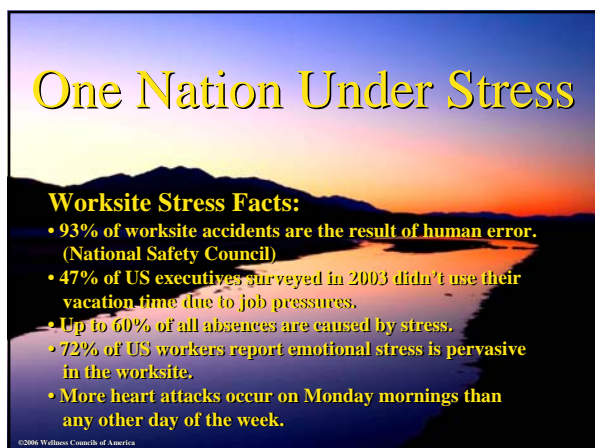


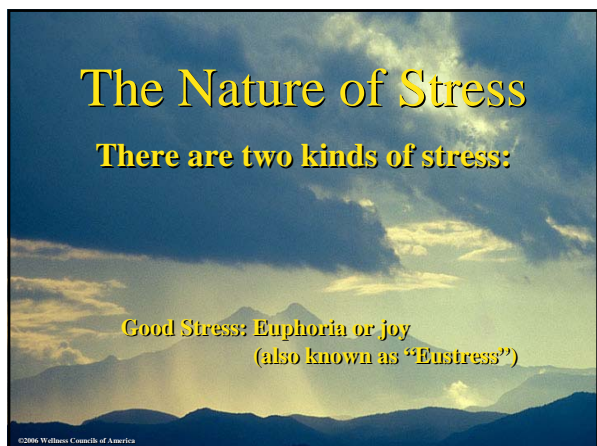
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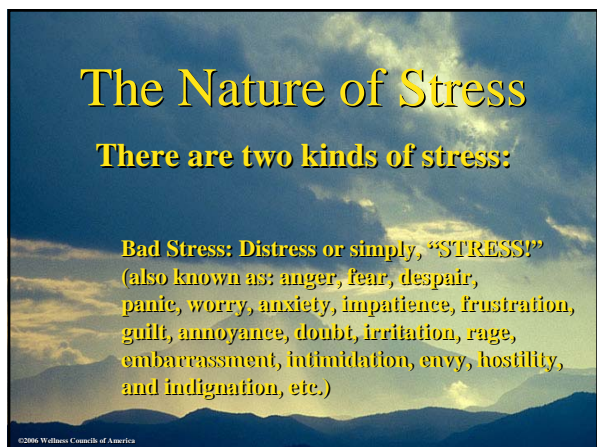


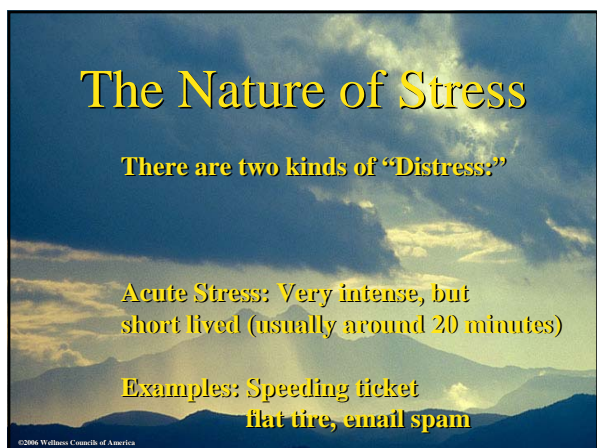




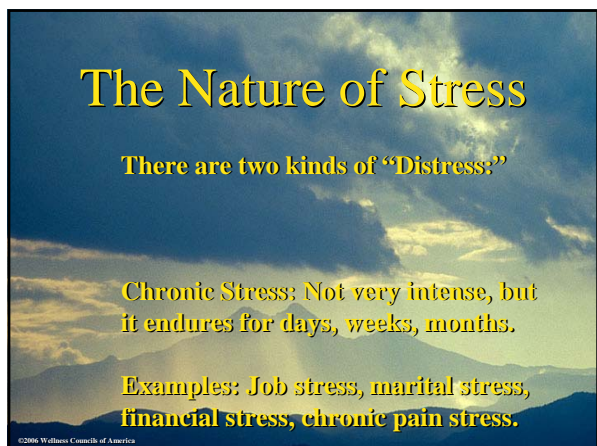
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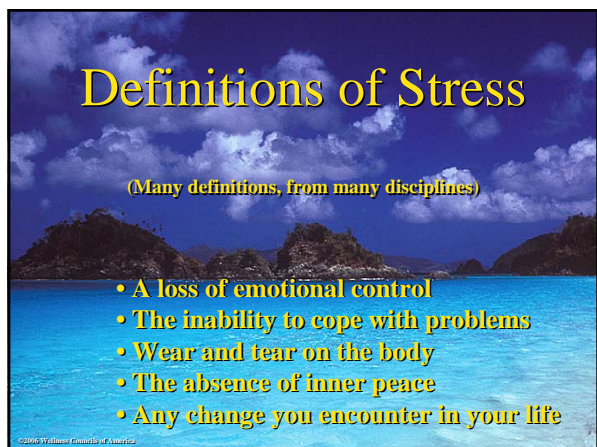
The Nature of Stress

There are two kinds of “Distress:”

Chronic Stress: Not very intense, but it endures for days, weeks, months.

Examples: Job stress, marital stress, financial stress, chronic pain stress.

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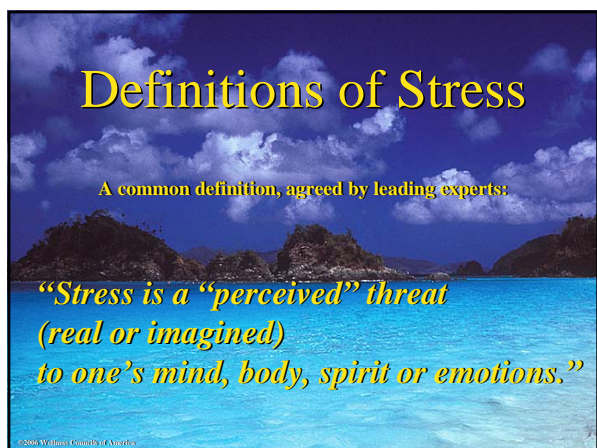


Definitions of Stress

(Many definitions, from many disciplines)

- A loss of emotional control
- The inability to cope with problems
- Wear and tear on the body
- The absence of inner peace
- Any change you encounter in your life

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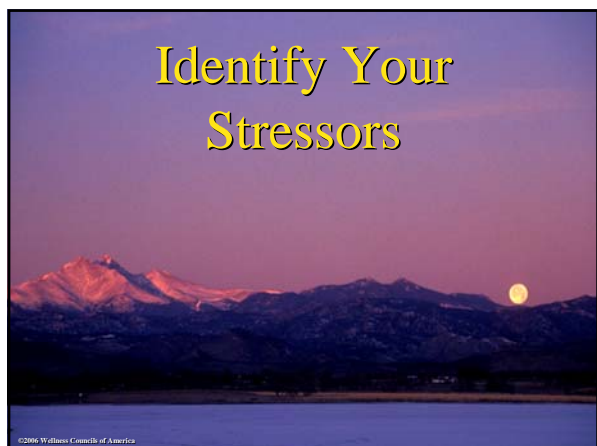
Definitions of Stress

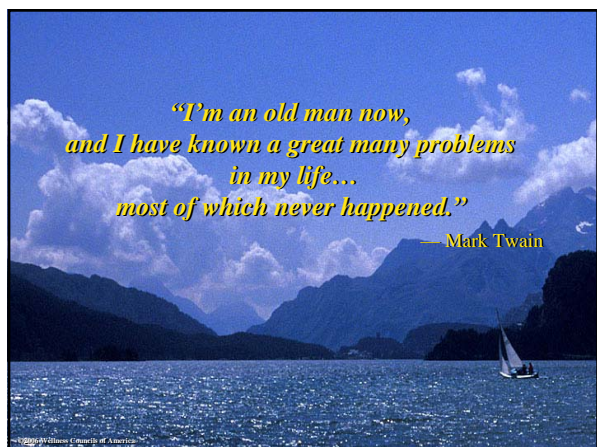
A common definition, agreed by leading experts:

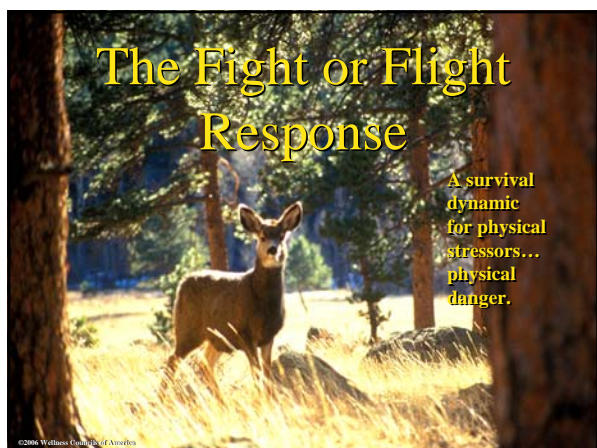
“Stress is a “perceived” threat (real or imagined) to one’s mind, body, spirit or emotions.”

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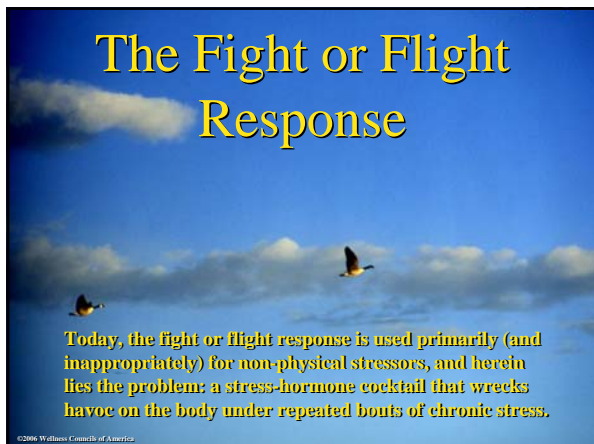
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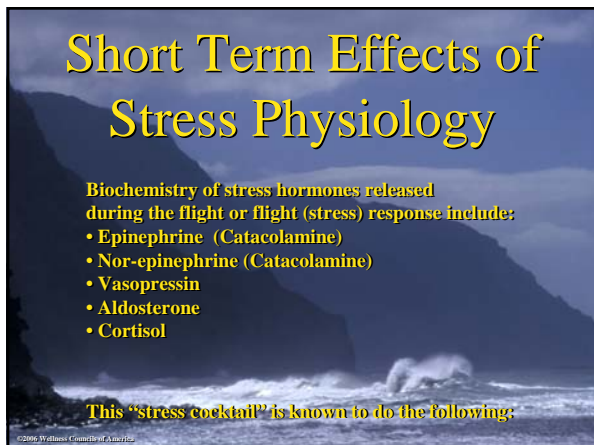
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The Fight or Flight Response

Today, the fight or flight response is used primarily (and inappropriately) for non-physical stressors, and herein lies the problem: a stress-hormone cocktail that wreaks havoc on the body under repeated bouts of chronic stress.

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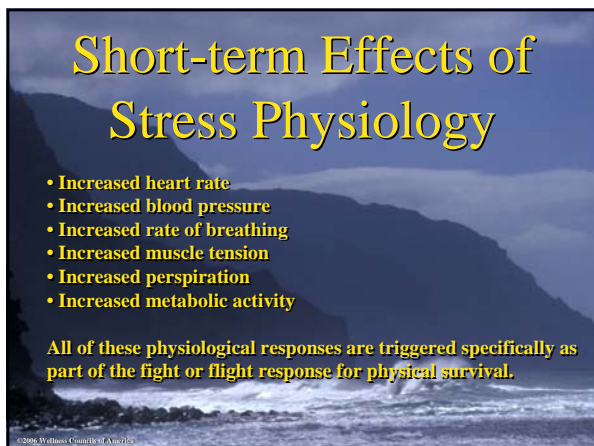
Short Term Effects of Stress Physiology

Biochemistry of stress hormones released during the flight or flight (stress) response include:

- Epinephrine (Catacolamine)
- Nor-epinephrine (Catacolamine)
- Vasopressin
- Aldosterone
- Cortisol

This "stress cocktail" is known to do the following:

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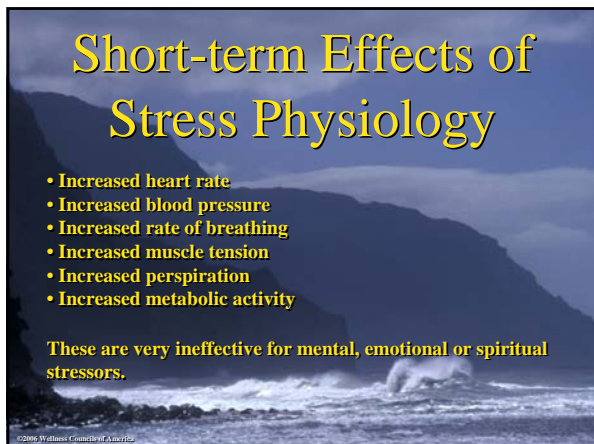
Short-term Effects of Stress Physiology

- Increased heart rate
- Increased blood pressure
- Increased rate of breathing
- Increased muscle tension
- Increased perspiration
- Increased metabolic activity

All of these physiological responses are triggered specifically as part of the fight or flight response for physical survival.

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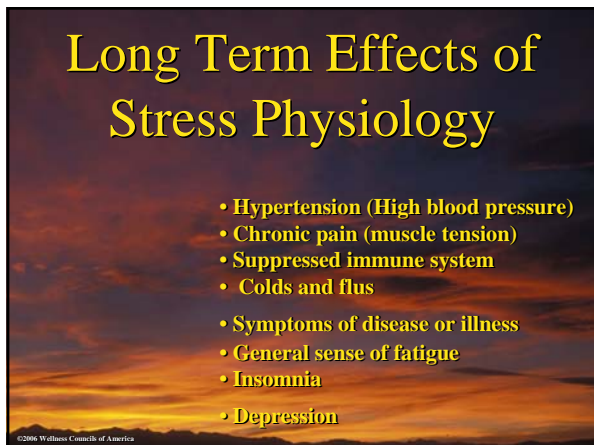


Short-term Effects of Stress Physiology

- Increased heart rate
- Increased blood pressure
- Increased rate of breathing
- Increased muscle tension
- Increased perspiration
- Increased metabolic activity

These are very ineffective for mental, emotional or spiritual stressors.

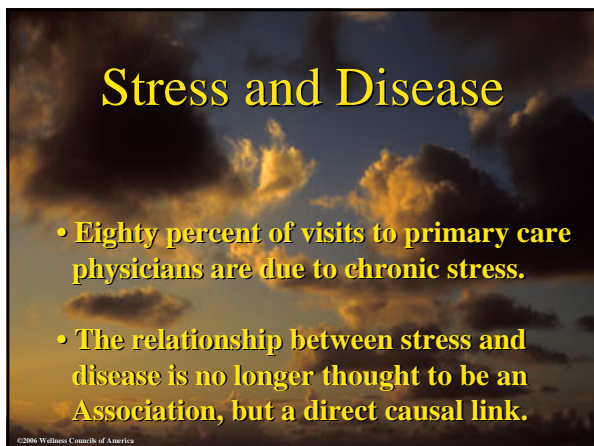
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Long Term Effects of Stress Physiology

- Hypertension (High blood pressure)
- Chronic pain (muscle tension)
- Suppressed immune system
- Colds and flus
- Symptoms of disease or illness
- General sense of fatigue
- Insomnia
- Depression

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Stress and Disease

- Eighty percent of visits to primary care physicians are due to chronic stress.
- The relationship between stress and disease is no longer thought to be an Association, but a direct causal link.

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Stress and Disease
Landmark Research Findings

Cohen, S. et.al. *Psychological Stress and Susceptibility to the Common Cold*. New England Jr. of Med. 325:606-612, 1991.

Kiecolt-Glaser, J. et.al. *Stress, Personal Relationships and Immune Function: Health Implications*. Brain Behav. Immunology. 13:61-72, 1999.

Wittstein, L., *Neurohumoral Factors of Myocardial Stunning Due to Sudden Emotional Stress*. New Eng Jr. of Med. 352(6): 539-548, 2005.

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Stress and Disease

“Ultimately the body becomes the battlefield for the war games of the mind.”

— Brian Luke Seaward, Ph.D.

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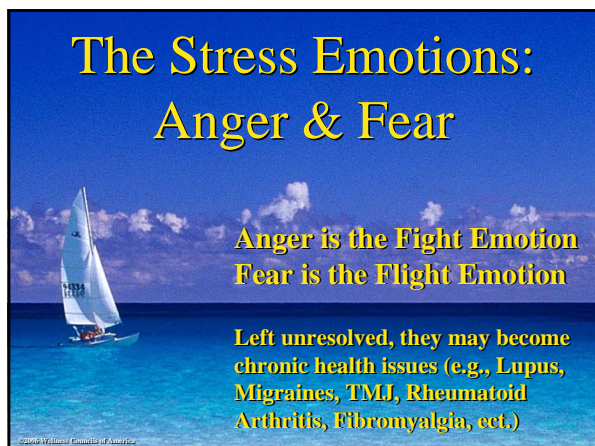
**The Stress Emotions:
Anger & Fear**

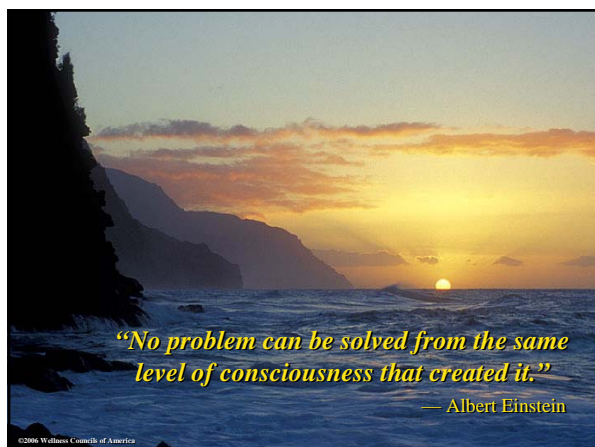
Anger is the Fight Emotion
Fear is the Flight Emotion

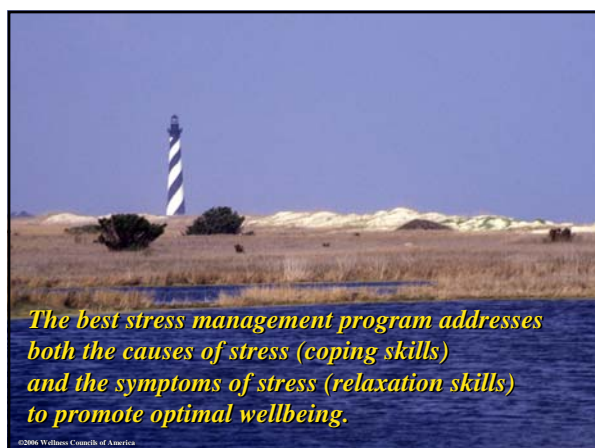
Left unresolved, anger and fear become control issues

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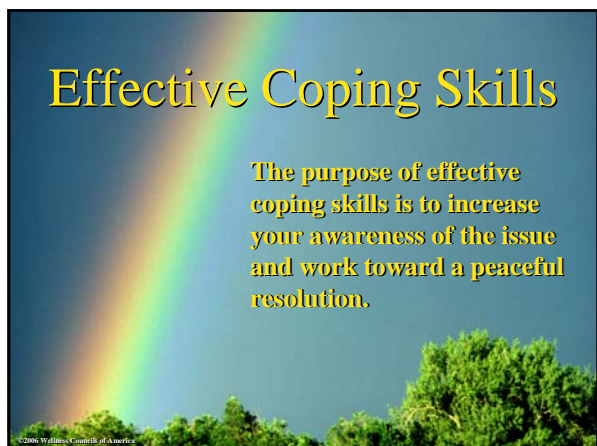
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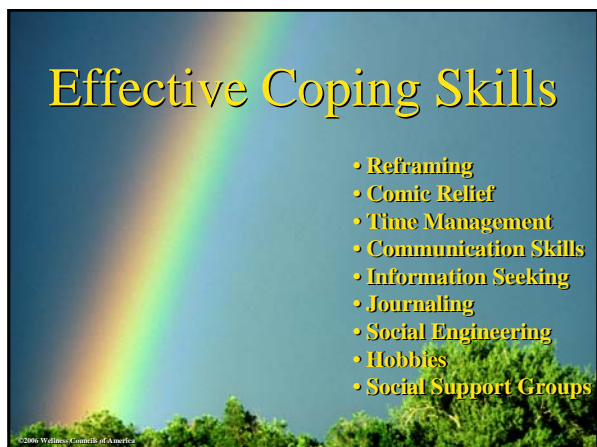






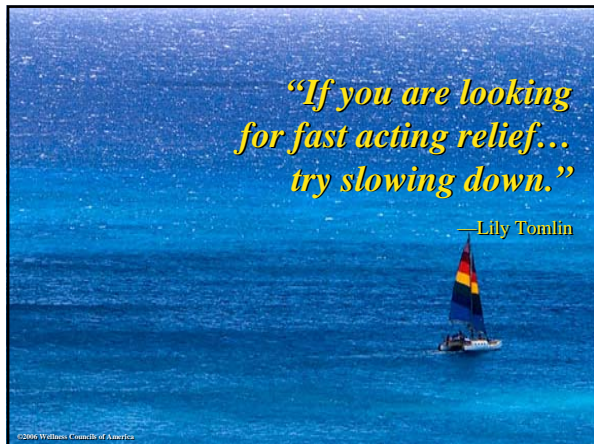
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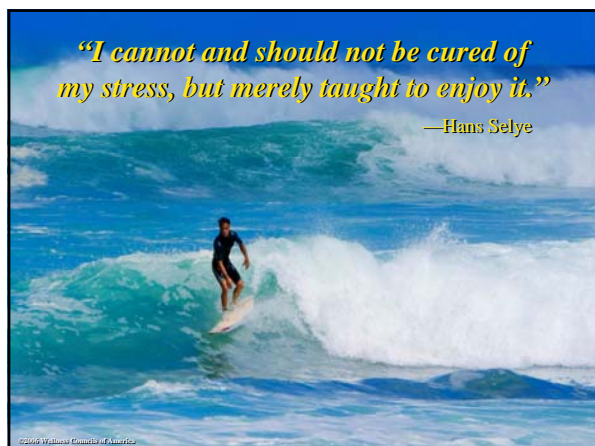
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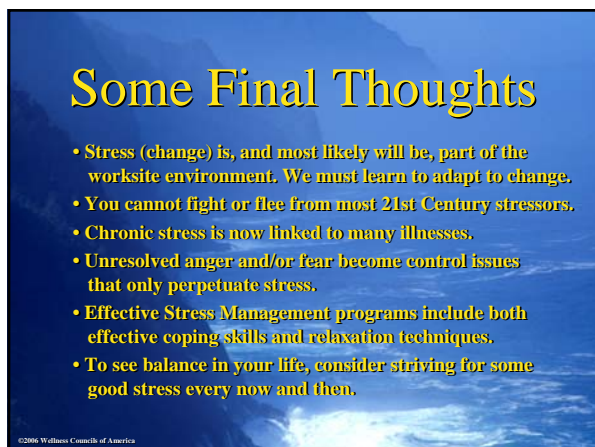






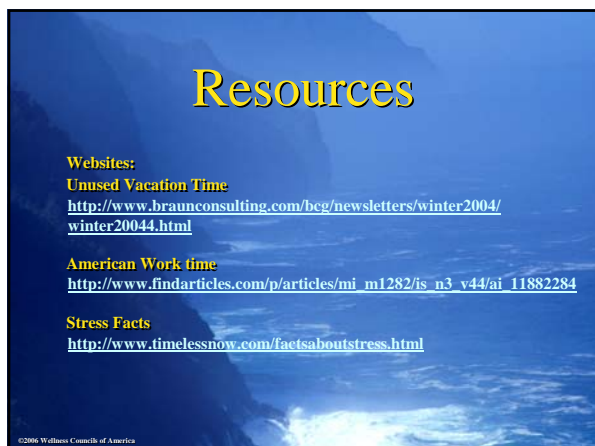
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Letting Go of Stress | Coping with Change at the Worksite



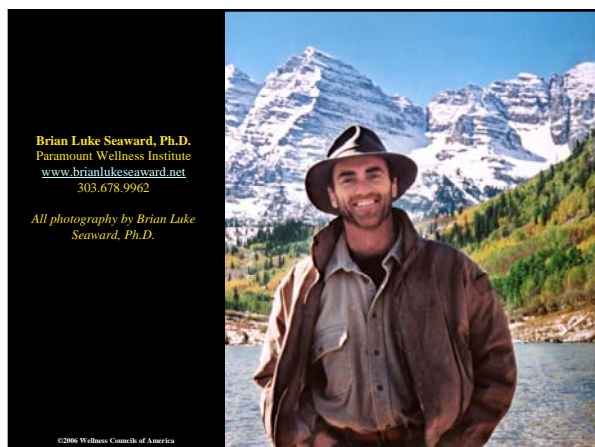
Resources

Websites:
Unused Vacation Time
<http://www.braunconsulting.com/bcg/newsletters/winter2004/winter20044.html>

American Work time
http://www.findarticles.com/p/articles/mi_m1282/is_n3_v44/ai_11882284

Stress Facts
<http://www.timelessnow.com/factsaboutstress.html>

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Brian Luke Seaward, Ph.D.
Paramount Wellness Institute
www.brianlukeseaward.net
303.678.9962

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