

## Time to Stress Less

### Feeling frazzled? Stressed out? Not working effectively?

Everyone knows about stress but we are not always aware how it's affecting us. The following guidelines may help you recognise stress and get on top of it before it gets out of control.

### What is stress?

Stress is a physiological response that occurs when the brain recognises danger. In the early days our bodies were conditioned for the "fight or flight" scenario, if our lives were threatened by something the response was to either flee, or fight off the attack.

In today's world stress builds gradually and often for long periods, such as workplace stress, job security, or cash flow problems. Stress hormones such as adrenalin and cortisol are continuously released into the body, which is great if we have to run for our life, but generally the extra energy is not always needed. Instead, extreme tension builds and the long term effects can be highly damaging. Chronic stress affects nearly every system in your body. It can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, contribute to infertility and speed up the aging process.

### Negative versus positive

Every day we are exposed to high levels of stress at work, plus the challenge of maintaining a work life balance and managing personal demands. If you are feeling overwhelmed or not coping, this is a sign of negative stress.

A little bit of stress is a good thing when it works to our advantage, it gives us motivation to get things done, allows us to move outside our comfort zone, to experience new things and rise to a challenge. Everyone has different stress levels and coping mechanisms, the key is recognising how stress affects you and knowing how to deal with it.

### How do we tell if our stress level is likely to do us harm?

Be aware of any symptoms of stress overload, as it can impact on your job, your relationships, personal life and most importantly your health.

Some early warning signs are:

- Concentration difficulties.
- Mood swings – up and down or persistent low moods.
- Sleep problems – poor quality sleep, nightmares.
- Headaches or anxiety.
- Stomach ache or poor digestion.
- Dizziness, light-headedness.
- High blood pressure.

### Long term effects of stress

- ⇒ Muscle tightness
- ⇒ Digestive problems
- ⇒ Sleep disorders
- ⇒ Nervousness
- ⇒ Anxiety or depression
- ⇒ Weight loss or weight gain
- ⇒ Autoimmune diseases
- ⇒ Heart disease
- ⇒ Skin conditions such as eczema

### Ways to help you manage stress

**Massage** – slows the nervous system and reduces tension, headaches and muscle tightness. The ultimate way to de-stress!

**Acupuncture** – re-balances your body's energy. This has a positive effect of calming you, easing away all the tension and leaving you relaxed.

**Meditation** – improves breathing technique, calms and centres your mind and body.

**Exercise** – releases feel good hormones, gives you energy and the balances the mental and physical side.

**Take some time out** – break the cycle of working long hours by planning a weekend away or a holiday. Having something to look forward to will make you feel more positive.

**Seek counselling** - to help get some perspective in your life, or if you are feeling overly anxious or depressed, it's a good idea to talk to someone.

**Be kind to yourself** – allow yourself to unwind with a massage or acupuncture treatment. If you are studying or training, this may be just what you need to help you focus.

**Consult your GP** – your Doctor is there to help you so seek medical advice if the issues are ongoing.

**Naturopathy** – is an effective way of helping relieve stress naturally by improving your inner health.

**Find out how on the next page...**

# Find the right balance with Naturopathy



## Why is it important to manage stress?

Maintaining healthy stress levels is vital to our health, happiness and to reduce the risk of adrenal insufficiency or "burn out." A qualified Naturopath will look at all areas of lifestyle such as diet, exercise, sleep and relaxation, to help us manage stress.

- Are we eating the right foods, proteins, vitamins and minerals for healthy brain function and to reduce nervous tension?
- Are we getting enough cardiovascular exercise to supply blood and oxygen to our cells to promote energy and remove waste through our digestive system?
- Are we getting enough quality deep sleep during the night that leaves us feeling refreshed when we wake?
- Are we balancing our lives with creative and relaxing pursuits that differ from those that cause us to feel stressed?

As well as considering these aspects it may also be necessary to support the body with some supplements, nutrients, herbs or essences to help achieve a stress free life, sooner.

## How do supplements work?

**Herbs** such as Withania, Rhodiola, Reishi mushroom, Siberian Ginseng, Licorice and Kava all help to stabilise or improve cortisol levels, decrease feelings of anxiety and restore vitality and energy in mental and physical performance.

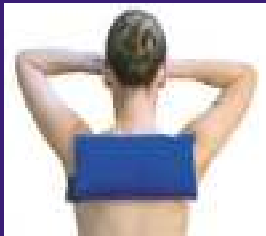
**Nutrients** are necessary for healthy neurotransmitter function to regulate chemicals released by the brain. Nutrients that can assist in creating a positive outlook are B vitamins, zinc, magnesium and manganese along with phenylalanine, tyrosine and NADH which help produce or stimulate the neurotransmitters dopamine, adrenalin, nor-adrenalin and thyroid hormone, thyroxine. Concentration and mental clarity will increase with the correction of any deficiencies.

**Flower essences** work on an energetic level by grounding and restoring balance from emotional stress, fears and anxieties.

For guidance with managing stress make an appointment to see our Naturopath **Allie Boot**. The consultation will assist you in finding a healthy balance by assessing your whole picture of health with a holistic approach.



## Warm away the winter blues



**Wheat bags are ideal for keeping warm this winter! Therapeutic and portable, they can be used at home or in the office**



## Are you training for a fun run or event?

Why not book in for a full body treatment or sports massage!

## Zen, an effective natural liniment for muscular aches & pain

Recommended by our practitioners and available in the clinic  
For more information on **Zen** and other great products click on this link  
<http://www.zentheapeutics.com.au/>



## Special Offer on Saturdays

**10% off 1 hour Massage & 1 hour Acupuncture on Saturdays from 9.00am - 3.00 pm**

See our website [www.assiram.com.au](http://www.assiram.com.au) for more info



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