



Anxiety & Health: Why Does Stress Make People Sick or Worsen Conditions? by award-winning author / stress-relief expert Susie Mantell

Well, you've asked a Big question, and I imagine it would have as many answers as there are people. In fact, even in an individual there will be different dynamics and processes mobilized, depending on their physical and emotional condition, heredity, overall health and life circumstances at the time.

So...let me try to offer a general reply:

It is now widely accepted that the Mind /Body (and Spirit, if you will) interact in a constant exchange of information.

- *"That's a scary movie!"* may generate the physiochemical galvanic skin response that biofeedback and polygraph tests measure. This might include perspiration or even goose bumps.
- Similarly, *"I am anxious about my sales presentation"* might elicit sweaty palms or wobbly knees.
- *"Junior took his first step today!"* might stimulate Dad's tear ducts, and then 16 years later when Junior is out an hour past his curfew, Pop's cheeks may flush and his heart begin to pound. '

This elegant, ongoing dialog is unconscious for the most part. The Fight or Flight response of the central nervous system whenever we are under stress (*e.g. fear, pain, worry, anger*), is mobilized to release stress hormones, increase blood-flow to the large muscle groups, speed respiration, release heat through perspiration, etc., to allow us to cope with what the body perceives as a crisis. When that crisis is in reality a life-threatening one, this system is brilliant! We get what we need to survive a true emergency, or to rescue another. However, when the perceived "crisis" is a traffic delay, or a long line at the bank, or a billing error...many of us respond with an over-reaction that initiates this "Emergency" mechanism unnecessarily. As you might guess, the stress reaction described above takes considerable resources from the rest of the body's work, and often, other systems, like digestive, endocrine and the immune system, are compromised by the over-reaction to stress.

© 2000, 2008, 2010 Susie Mantell, Relax Intuit™ LLC. All Rights Reserved. Federal law prohibits use of this content in whole or in part without express written consent of Relax Intuit™ LLC. For permission to use, please email the complete text of the specific article and its requested use to info@relaxintuit.com *Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"-Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com*

CONTINUED



Anxiety & Health: Why Does Stress Make People Sick or Worsen Conditions? by award-winning author / stress-relief expert Susie Mantell

This effect is cumulative, but so are relaxation practices. Additionally, each of us appears to come "hard-wired" with varying numbers of receptor sites for transmitters, as well as a personal history of experiences and learned behaviors from observing coping techniques in our families of origin. These influence our own reactions to stress in its many forms. Overall health, self-esteem, quality of relationships and job satisfaction all play roles in the ways in which we handle stress.

The bottom line is that we do not have endless reserves of energy. We can overdraw the account. When we overreact and misappropriate them to "perceived" crises on an ongoing basis, the system becomes depleted, and we become more vulnerable to illness, depression, sleeplessness, aches and pains, headache, etc. why creating preventive, stress-release techniques and strategies for everyday use is essential. Find More Stress-Relief Tips at www.relaxintuit.com

© 2000, 2008, 2010 Susie Mantell, Relax Intuit™ LLC. All Rights Reserved. Federal law prohibits use of this content in whole or in part without express written consent of Relax Intuit™ LLC. For permission to use, please email the complete text of the specific article and its requested use to info@relaxintuit.com **Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"-Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com**



END OF THIS TIP##