

June/July 2018

West Niagara Psychology Centre

www.westniagarapsychology.ca

WHAT IS STRESS?

Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. Stress can also be defined as the inability to cope with a perceived threat (real or imagined) to one's mental, physical, emotional and spiritual well-being, which results in a series of physiological responses and adaptations. When under stress, our bodies release a mix of hormones and chemicals to engage the body to act and goes into "flight or fight" mode.

Stress can be either good or bad. Good stress compels people to act, whereas bad stress results in negative feelings such as anger or depression and may lead to serious physical or mental health problems.

Much of the stress that we experience is based on our own subjective experience, thus, how one person perceives stress and what is a stressful situation is different from how another person would perceive it. **Understanding your own stress triggers is imperative to managing it.**

With continuous stress, the body becomes more vulnerable to physical or psychological problems. Stress effects all ages, every culture, and has been on the rise across all nations. Children are particularly vulnerable to stress. Short-term behavioural changes can be indicators of stress, such as mood swings, irritability, or changes in sleep patterns. Some people experience physical effects, including stomach-aches and headaches, while others have trouble concentrating. Still others become withdrawn or spend a lot of time alone. Learning to manage stress is an important life-long skill and imperative to good mental health.

Quote of the Month

"The good life is a process, not a state of being. It is a direction, not a destination"
Carl Rogers

BOOKS

"Mindfulness for Beginners" by Jon Kabat-Zinn

"Get Our Of Your Mind and Into Your Life" by S. Hayes

Podcasts: Oprah's Super Soul Sundays

APP: Calm, Headspace, Insight Timer, Buddhify

WHAT'S NEW IN GROUP?

New groups will begin again in September. Master Your Stress, Worry Warriors, and Circle of Security. Visit www.westniagarapsychology.ca to learn more. Call now to express your interest or to reserve your spot. Space is limited.