



- ◇ Stress: Is a normal human response, it includes the whole package of how you respond to changes, hassles or pressures in your life.
- ◇ Typical physical responses are:  
Anxious thoughts, increased heart rate, migraines, sweating, tense muscles, tunnel vision...

### Sound familiar?!

The stress response will be automatically triggered by any circumstance or fear that 'pushes your button'.

The problem in today's world is the amount and frequency of unnecessary stress we experience.

The changes that happen in your body during the stress response are designed for short-term use. It is harmful to our health to stay in this "stressed state" for prolonged periods of time.

### Instant Stress Release Challenge

Next time you get 'wound up' by a work colleague or family member, try a short bout of intense physical exercise to rebalance yourself.

- Run up a flight of stairs
- Repeatedly punch a cushion
- Take a 5 minute super-charged walk

**TRY IT! SIMPLE SOLUTIONS DO WORK!**