



The Advanced Times

Advanced Counseling Services

Providing Hope. Changing Lives.

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GOT STRESS?

Tens of thousands of years ago our ancestors faced hungry animals, such as saber-toothed tigers and wolves. They had to be able to react instantly, either fighting the beasts or running away. Today, humans have evolved the ability to respond to a stressful situation instantly, preparing the body for “fight or flight.” In these instances, the body pumps out stress hormones:

- Your heart speeds up
- Blood flow to your brain and muscles increases up to 400%
- Digestion stops (conserving energy)
- Breathing becomes faster, bringing more oxygen to your muscles.

Sometimes this response is beneficial. But more often, it can harm your physical health. It can cause fatigue; digestive upset; headaches & back pain. It can affect the blood cells and the ability to fight off infection. Constant stress can raise blood

pressure, increasing risk for stroke. Stress can make asthma worse. It can lead to diminished sexual desire. Stress can trigger behaviors that contribute to death & disability: smoking, alcoholism, drug abuse and overeating.

One method of stress management is TARP* (think of a protective cover thrown over something):

T is for “Tune in” – notice early signs of stress.

A is for “Analyze” – sources or causes of stress.

R is for “Respond” – deal with the causes.

P is for “Prevent” – develop good stress-reduction habits.

Other ways to manage stress:

- Humor
- Hobbies
- Meditation
- Biofeedback
- Massage therapy

These are stressful times we are living in and stress can hurt you and your family. Don't wait until things get out of control. Seek help now! You are not alone!

*For more details on the TARP method, please visit our website: www.advancedcounseling.org

We will be presenting a free public seminar on dealing with stress and the impact on you and your families.

Wednesday, September 23, from 6–8 pm

City Hall of Taylor

23555 Goddard Rd.

Call 586-295-0007 for additional details or visit our website: www.advancedcounseling.org

Did you know . . .

It has been estimated that two-thirds of all visits to physicians are for stress-related problems!

Brighton: (810) 220-2787

Canton : (734) 737-1200

Clarkston: (248) 922-2300

St. Clair Shores: (586) 777-9000

Southfield: (248) 213-0501

Taylor: (734) 285-8282





