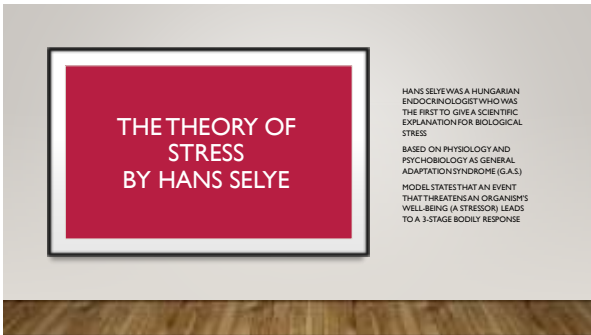




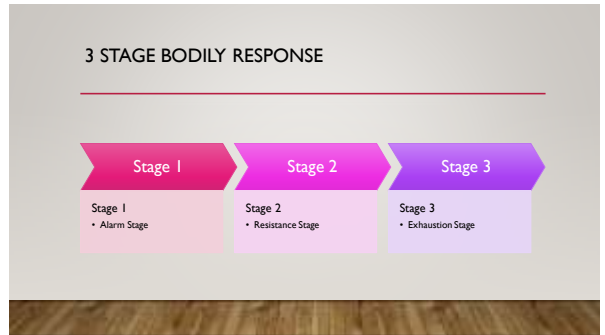
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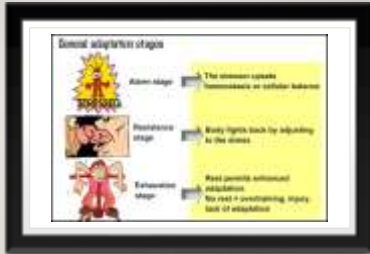


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GENERAL ADAPTATION STAGES



5

Upon encountering a stressor, the body reacts with the fight or flight response and sympathetic is activated

Hormones such as cortisol and adrenaline are released into the bloodstream to meet the threat or danger

The body's resources are now normalized

STAGE I: ALARM STAGE

6



FIGHT OR FLIGHT

Fight or flight: Body releases adrenaline, causes muscles, boosts heart rate, slows digestive system

A person may not feel stressed but on the inside the adrenals are working to respond to the strain put on the system.

After the stress is alleviated the body recovers and the hormones that were stimulated, return to normal levels

Most generally respond and recover well to those sporadic instances of stress

7

SOME EXAMPLES OF STRESS

- We think of stress as a negative, but it can also be positive things. Examples are:
 - Weather changes
 - Preparing for celebrations
 - Going on a trip
 - Family get together



8

STAGE 2 : RESISTANCE STAGE



Parasympathetic nervous system returns many physiological functions to normal levels while the body focuses resources against the stressor



Blood glucose levels remain high, cortisol and adrenaline continue to circulate at elevated levels, but outward appearance of organism seems normal



Increase in heart rate, blood pressure and breathing



Body remains on Red Alert

9

STRESS ON THE BODY

- Headaches
- Heartburn
- Rapid Breathing
- Increased Digestion
- Insomnia
- Weakened Immune System
- Stomachache



10

Due to prolonged stress the adrenals in stage 2 are in over-drive and don't have the needed recovery time. The body craves energy due to a constant stress response and is working hard to achieve balance

A person may feel tired and wired at the same time, experience feelings of anxiousness and have difficulty sleeping or concentrating

When in this cycle, a person may look for things that are satisfying and help make them feel good. They may be more impulsive

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- Stress adds to anxiety
- Anxiety can trigger compulsive behaviors. Gambling and addictive actions like impulse shopping, over-eating, etc can add more stress to the body

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Many people gamble as a way of managing anxiety. As they gamble, people often report being separated from their anxious feelings or projecting their feelings of anxiety onto the excitement they feel when they partake in their gambling activity of choice. As a result, gambling can work its way into the fabric of their everyday life, and the impulse to gamble can overwhelm the rest of their lives.

ANXIETY

Thus, for many gamblers, reducing anxiety is a prerequisite to making any changes in gambling behavior. Fortunately, there are several techniques that can make a tremendous difference in alleviating anxiety.

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If a stressor continues beyond the body's capacity then resources are exhausted and the person becomes susceptible to disease

STAGE 3 : EXHAUSTION STAGE

A substantial stress-response cycle has led to the body's inability to adapt and cope. The adrenal glands can not keep up with the brain or nervous system signals for hormone release

A person may feel extremely tired and express that everyday activities are very difficult

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WHY SHOULD STRESS BE REDUCED?

Why is it so important to reduce stress?
 For the sake of your physical health!
 The statistics are 100%: humans die of the common stress-related diseases: heart disease, stroke, cancer, diabetes, depression, and more.
 • Stress leads to poor judgment
 • Stress leads to poor decision making
 • Stress leads to poor communication
 • Stress leads to poor relationships
 • Stress leads to poor health
 • Stress leads to poor performance
 • Stress leads to poor productivity
 • Stress leads to poor quality of life


15

Body **Mind**

Stress

Emotions **Behavior**

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WHEN STRESSED, EVEN THOUGH WE NATURALLY GRAVITATE TO FOODS WITH SUGAR OR HIGH CARBS, IT ONLY ADDS TO GETTING CAUGHT IN THE CYCLE

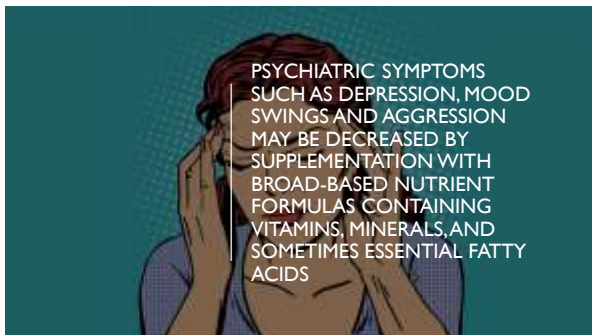
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NUTRIENTS DEPLETED BY STRESS

- Vitamin B
- Vitamin C
- Vitamin E
- Magnesium
-To name a few


Without the right balance of these nutrients, it can affect our moods and how we cope

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PSYCHIATRIC SYMPTOMS SUCH AS DEPRESSION, MOOD SWINGS AND AGGRESSION MAY BE DECREASED BY SUPPLEMENTATION WITH BROAD-BASED NUTRIENT FORMULAS CONTAINING VITAMINS, MINERALS, AND SOMETIMES ESSENTIAL FATTY ACIDS

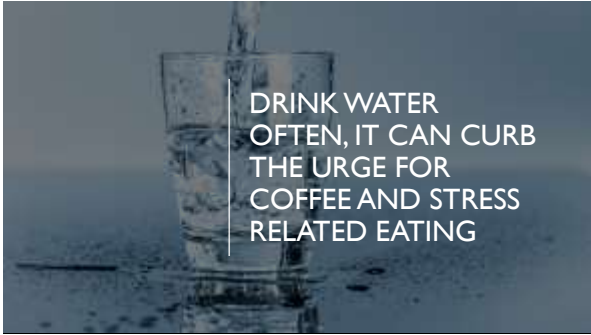
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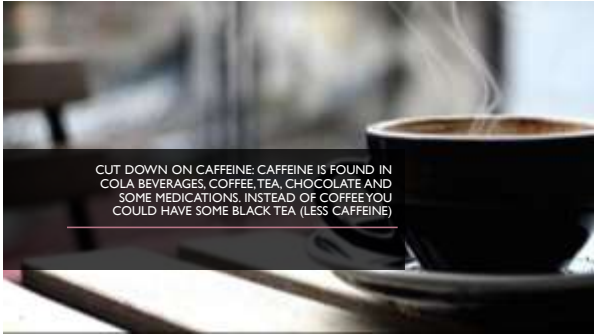
Eating a healthy diet Reduce caffeine and sugar Avoid alcohol, cigarettes and drugs Get enough sleep

MAINTAIN BALANCE WITH A HEALTHY LIFESTYLE

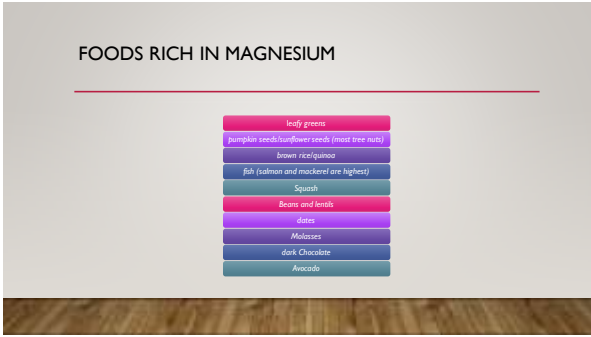
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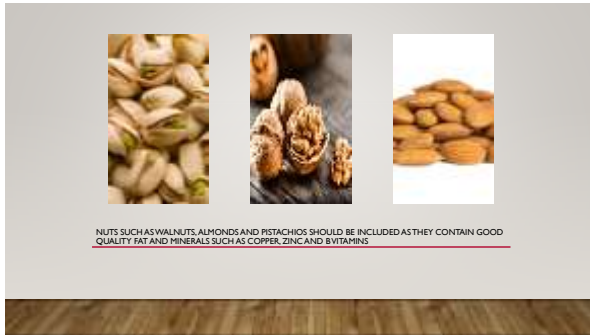
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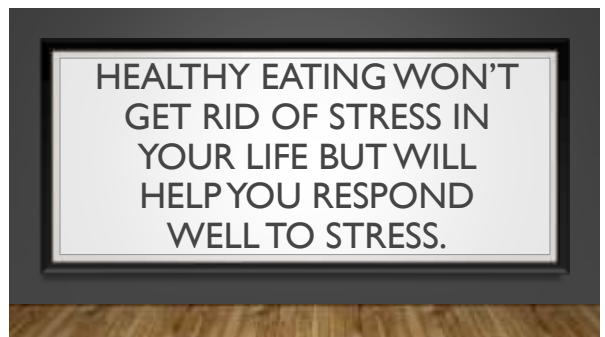
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