

Wellness World

A Newsletter in Pursuit of the Six Dimensions
of Wellness: Physical, Social, Intellectual, Emotional, Spiritual, and Environmental
(contact:blanchardj@newtown.k12.ct.us)



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Welcome to Wellness World. This newsletter is brought to you by the Newtown Wellness Committee. Each newsletter will focus on a wellness topic that is of interest to you as determined by a survey conducted last year.

According to the American Psychological Association, 43% of American adults suffer adverse health effects from chronic stress!

Stress is an internal state of emotional tension or arousal that occurs in response to the various demands of life. It affects all dimensions of wellness. Stress is a normal and natural emotion and the stress response literally keeps us alive. The problems arise when people do not practice healthful stress management techniques and do not return to a state of homeostasis or equilibrium. The stress response, known as the General Adaptation Syndrome (GAS) was developed by Canadian scientist, Hans Seyle. GAS has three phases: Alarm, Resistance, and Exhaustion. Healthfully the majority of the day we should be in a state of **equilibrium** wherein all body systems are balanced but ready to fire at any given moment. When presented with a stressor (one of the five senses is triggered), we go into the stress response. Seyle theorized that during GAS Stage 1, **ALARM** occurs and hormones (adrenaline) are released that increase the level of sugar in your blood, which gives the body extra energy, more blood is directed toward your brain and muscles, your heart beats faster, oxygen uptake increases as respiration rate quickens, your muscles contract and your senses sharpen for fight or flight. During GAS Stage 2, **RESISTANCE** occurs. During resistance the body tries to repair any damage done by stress and return to a homeostatic state. Stage 3 is **EXHAUSTION**. During this stage, the stressor is gone. However, an individual continues to experience an extreme or long lasting stress. If stress management does not take place, an individual can become physically and psychologically exhausted.

Sometimes it's important to work for that pot of gold. But other times it's essential to take time off and to make sure that your most important decision in the day simply consists of choosing which color to slide down on the rainbow.
~Douglas Pagels



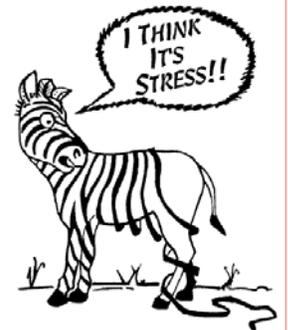
Stress Management 101

“Don’t Sweat the Small Stuff!”

Deep breathe to return the body to a homeostatic state; get a Massage; Use Visualization Techniques; Adopt a pet or maintain a fish tank; Eat healthful foods; Do Yoga and/or meditation; get organized and practice time management; Exercise; Be physically active or play a sport; Listen to music; Dance; Write in a journal; Talk; Read; Walk; Rest; Laugh!

Check out these web sites for more information about stress and stress management

www.webmd.com www.Stress.about.com www.ahealthyme.com/topic/stress
www.stressfree.com <http://www.schoolempwell.org/articles/ManageStress.pdf>
<http://www.schoolempwell.org/articles/ManageStress.pdf> www.mindtools.com/smpage.html
www.jokes.com www.healthatoz.com/atoz/anxiety/anxin



And you thought there was stress in your life!