

# Are you stressed about your stress levels?

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As our lives become increasingly technologically advanced, things are supposed to be getting easier and yet, now more than ever, people the world over are struggling to cope. Effectively managing home, work, children and just the demands of day to day living are all taking their toll on what is most precious to us...our health. Stress and anxiety go hand in hand. Anxiety is a natural emotion and plays an important role in the functioning of the body as it is a protective mechanism designed to prevent organisms from engaging in potentially harmful behaviour. Anxiety raises our adrenaline levels and in some instances even enhances our mental and physical performance. However, if left unchecked and if symptoms are left untreated for extended periods, anxiety can cause harm to the body. Stress, is a physical or psychological stimulus that can produce mental or physiological reactions that may lead to illness. Stress disrupts the balance in our temperament (physical, mental and habitual make-up) and can have significantly negative effects on the body's systems, especially the immune system.

Decidedly, modern lifestyle impacts heavily on our levels of anxiety leading ultimately to mental fatigue and stress. Psychologists and human behaviorists believe that if there is sufficiency according to a person's personal expectations, stress is largely declined. Take for example rural people who appear to live in comparative poverty. From an outside perspective these would be interpreted as adverse living conditions, but in fact, rural populations have considerably lower statistics of anxiety related illnesses. Unfortunately, there are many other factors which contribute to our reaction to stress levels. Cortisol is a hormone in the body secreted by the adrenal glands particularly during periods of stress and anxiety. While cortisol in small amounts is vital to the body's functioning, relaxation processes are equally important. Unfortunately, due to raised levels of anxiety and stress on an ongoing basis the cortisol levels of most people remain high and this is where stress-related illnesses begin to set in. Environmental influences, hereditary traits and the events of our lives are also factors which determine why some people react better to stress than others.

Tibb, views stress and anxiety as an imbalance which needs to be addressed holistically. Lifestyle factors of a person suffering from stress-related disorders need to be addressed and the underlying cause of the problem rectified. If you are stressed about your stress levels there are many self-help techniques you can adopt to control, improve and even eliminate these feelings. Illness conditions which occur as a result of stress would have to be treated by a trained Tibb physician, but you will be pleasantly surprised by the difference small changes can make.

Diet: Eat in accordance with your Temperamental type. (Attend our consumer workshops or refer to the Tibb recipe book: "Cooking for your Body Type."). Always pace your meals, chew properly and eat in a calm relaxed atmosphere.

Breathing: At the first signs of stress, our body's immediate response is an increase in heart rate and quickening of the breath which is why breathing exercises are an important consideration in lowering the cortisol levels of the body. Meditation and yoga all have immense advantages which your body and mind will benefit from. Remember to breathe from your stomach and inhale and exhale deeply.

Movement and rest: Exercise on a regular basis is another important factor when controlling anxiety and stress levels. Aside from the obvious health benefits, many people find exercise therapeutic in that it clears the mind and releases tension. Rest is probably one of the most vital considerations when controlling stress. Our lifestyles today are governed by technology which has resulted in a global decline in rest hours. Sleep is still the best elixir of life and should never be compromised.

Emotions: Obviously stress conditions are primarily connected to our emotional state. Remember to count your blessings, stop worrying and start living and rejoice in what is positive about your life.

Elimination: With regards to stress, this means purging your mind and body of negative emotions and unwanted feelings of distress.

To further assist, Tibb has an excellent product called Stress-Away, which is available in liquid and tablet form and can be used by adults and children. A herbal formulation on which extensive testing has been conducted, Stress-Away can assist with children who are suffering from concentration problems, poor attention span or who simply want to enhance their performance during exam periods. Stress-Away has been used with extremely positive results by adults suffering from anxiety and stress-related conditions.

Whilst it is unfortunate that we have no control of the factors surrounding our daily lives, there is a great deal that we can do to reduce the impact of stress on our existence. Prayer, faith and being mindful of our health needs are all vital in the control of stressful situations. If you are worried about work, family, finance, mother-in-law, all those things that make you stressed, take heed of the words, "I cried, I had no shoes, until I met a man who had no feet."