

## **Stress Really Can Make You Sick**

We all thrive on a certain level of stress in our lives. Healthy levels of stress motivate us, increase our self esteem, and provide a greater sense of wellbeing.

However, when stress levels are too high or prolonged we can experience an adverse effect. Internally the body goes into a state of alert which in turn activates production of chemicals in the blood that keep this response going within the body. This is when and how stress can make us sick.

Many of the people I see for biofeedback therapy come in for treatment of disease states that are caused from the body's reaction to stress.

Below you will find some of these symptoms or diseases:

- Headaches, muscle aches and pain- When the body is in state of alert, our muscles respond by getting tense and ready for action. Over time this tension leads to pain and fatigue.
- Difficulty sleeping- When in a state of alert, the body produces adrenaline. The adrenaline further activates the mind and body, causing a negative cycle to continue.
- Feelings of generalized anxiety and/or panic attacks- When the body is in a state of alert, we over-breathe and again adrenaline is produced which creates these uncomfortable symptoms.
- Stomach and intestinal problems- Stomach secretions and movement in the intestinal tract change when the body is in a state of alert. This in turn creates a variety of symptoms in the gut.
- Colds, flu and other infections- Over time the immune system is adversely affected by being in a constant state of alert. When our body has a weakened immune system, we become much more vulnerable to infection and disease.

We all face stress in our daily lives.

Some is good, too much is destructive.

We all need tools to help us protect ourselves from the unhealthy affects of stress.

**If you want help with the stress in your life and/or you have questions about biofeedback, please contact Kate Harding. Kate is a nurse practitioner and a certified biofeedback therapist. She has worked with David Thayer for more than twenty years.**

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