

NEWS Quest

Centre Club Member Newsletter

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Stress Management

Meeting life's everyday demands and planning for tomorrow is nearly impossible without stress. In an unpredictable world that changes daily, working under pressure has become the rule rather than the exception. As a result, stress has become one of the most common problems we face and often undermines our ability to stay well. In fact, current estimates indicate that the annual cost of stress and stress-related diseases in the United States exceeds \$100 billion with 67% of adults indicating they feel high levels of stress at least once a week. In the simplest terms, stress is the body's mental, emotional, and physiological response to any new, threatening, frightening, or exciting situation.



Foremost is recognizing common symptoms of stress. If you suffer from one or a combination of these common maladies: grinding teeth, increased sweating, frequent headaches, muscle tension, increase/decrease appetite, insomnia, nightmares, fatigue, dry-mouth, stuttering, hives, dizziness, depression, anger, hostility, fear, panic, anxiety, nausea, or rapid heart rate, you may be experiencing the side effects of stress. If stress is a consistent problem in your life, there are several excellent, effective stress management techniques to help.



- Ideally, identify and remove the stressor. When the cause is unknown, a log should be kept of times and days when symptoms occur as well as events preceding and following the onset of symptoms. Removing the stressor is often difficult and in some cases impossible (death in the family, an intolerable boss, or a change in work responsibility). Nevertheless, stress can be managed by other means.
- Relaxation techniques include biofeedback, progressive muscle relaxation, breathing techniques, visual imagery, autogenic training, yoga, and meditation.
- Exercise is one of the simplest tools to control stress and has been well established for over 30 years. The value of reducing stress through exercise is related to many factors, primarily decreasing muscular tension. Research has shown that exercise requiring continuous and rhythmic muscular activity, such as aerobic exercise produces the same effects as meditation and relaxation. Furthermore, vigorous aerobic exercise lasting 30 minutes or longer produces morphine-like substances called endorphins that act as painkillers and seem to induce a soothing, calming effect. Besides alleviating some of the short-term effects of distress, regular exercise also helps decrease chronic distress disorders like hypertension and high heart rate. In general, those who practice cardiovascular fitness cope more effectively and are less affected by the stresses of daily living.

Centre Club offers services that can help in overcoming stress. Take advantage of the whirlpool, steam room, and massage therapy for relaxation. Find a work out buddy, or do without your head phones to increase social interaction. We take pride in our member's physical, emotional, and mental health and the personal training staff is here to provide more than exercise instruction. Let us support you with motivation, accountability, inspiration, and encouragement.



Certain amounts of stress are necessary for healthy living. While stress is regarded negatively, there's also a positive form of stress called eustress, the negative version is called distress. The stress-causing event (called a stressor) can be a consequence from work-related demands, arguments, relationships, financial worries, event planning, etc. When stress levels reach mental, emotional, and physiological limits, it ceases to be eustress and becomes distress. Chronic distress raises the risk of health disorders including coronary heart disease, hypertension, diet anomalies, ulcers, diabetes, asthma, depression, migraine headaches, sleeping complaints, chronic fatigue, and perhaps certain types of cancers. Interestingly, the way people perceive and cope with stress seems to be important in the development or impediment of disease, rather than the amount and type of stress itself.

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