

STRESS & METABOLISM

IT'S EFFECT AND HOW THE ORTHOHEALTH
PROGRAM ADDRESSES IT

DEFINITION OF STRESS

STRESS IS A STATE OF MENTAL OR EMOTIONAL STRAIN OR TENSION AS A RESULT OF ADVERSE OR DEMANDING CIRCUMSTANCES.

THE CIRCUMSTANCES AND FACTORS THAT CAUSE A PERSON TO FEEL STRESS MAY DIFFER AND HOW A PERSON PROCESSES THE CIRCUMSTANCE WILL RESULT IN HOW WELL THEY ARE ABLE TO MANAGE THEIR STRESS

FIGHT OR FLIGHT

WHEN FACED WITH A STRESSFUL SITUATIONS OUR BODY'S SYMPATHETIC NERVOUS SYTEM REACTS , SIGNALING THE BRAIN TO PRODUCE MORE CORTISOL,ADRENALINE, AND
NONADRENALINE. THIS RESULTS IN A HIGHER HEART RATE

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NONADRENALINE. THIS RESULTS IN A HIGHER HEART RATE
, MUSCLE HYPERSENSITIVITY, SWEATING AND ALERTNESS.

OTHER BODY FUNCTIONS SLOW DOWN , SUCH AS OUR
DIGESTIVE AND IMMUNE SYSTEMS .

THIS IS OUR BODIES FIGHT OR FLIGHT REACTION TO THE
STRESSFUL EVENT.

HOW IT SLOWS OUR METABOLISM

THE BODIES FIGHT OR FLIGHT RESPONSE IS NECESSARY IN THE SHORT
TERM TO DEAL WITH THE STRESSFUL CIRCUMSTANCE AT HAND .

HOWEVER, WHEN STRESS BECOMES CHRONIC OUR BODY CONTINUES TO
RELEASE CORTISOL AND OUR DIGESTIVE SYSTEM SHUTS DOWN.

WHEN THIS HAPPENS OUR BODY IS NOT ABLE TO FULLY DIGEST OR
ABSORB THE NUTRIENTS NEEDED FROM THE FOOD WE ARE EATING, AND IT
IS NOT ABLE TO BURN THE CALORIES EFFECTIVELY.

IS NOT ABLE TO DRAIN THE CALORIES EFFICIENTLY.
LESS NUTRIENTS AND BLOOD FLOW TO THE DIGESTIVE SYSTEM WITH AN INCREASE OF CORTISOL AND INSULIN SLOWS DOWN OUR METABOLISM.

EFFECTS OF STRESS ON THE BODY

- Decrease digestion and nutrient absorption
- Increase of cortisol and insulin levels
- Decrease reproduction
- Decrease immune function
- Hypertension
- Fatigue
- Less blood flow to the digestive system leading to decreased metabolism
- Decreased or restless sleep

STRESSORS

STRESSORS ARE THE STIMULUS THAT CAUSES THE STRESS

RECENT STUDIES HAVE FOUND THAT THE FEELING OF STRESS UNDER PRESSURE IS NOT THE MAIN PROBLEM, IT IS HOW WE REACT TO THE THE STRESSORS THAT CAN HAVE A LONG TERM EFFECT ON OUR HEALTH.

BEING ABLE TO RECOGNIZE THESE STRESSORS IS THE FIRST STEP IN MANAGING OUR STRESS LONG TERM.

STRESS MANAGEMENT

AS PART OF THE ORTHOHEALTH PROGRAM YOU

AS PART OF THE ORTHOHEALTH PROGRAM YOU WILL WORK WITH THE HEALTH COACH TO:

- ASSESS THE LEVEL OF STRESS YOU ARE UNDER
- RECOGNIZE THE STRESSORS THAT TRIGGER YOUR STRESS
- HOW IT IS IMPACTING YOUR HEALTH

ONCE YOU HAVE AN UNDERSTANDING OF HOW STRESS IS EFFECTING YOUR HEALTH , YOU AND YOUR COACH WILL PUT STEPS IN PLACE TO HELP YOU BETTER COPE AND MANAGE YOUR STRESS

OUR PROGRAM WILL GIVE YOU THE TOOLS YOU
NEED TO MANAGE YOUR STRESS FOR THE LONG
HAUL.

