

HOW TO MAKE STRESS YOUR FRIEND?

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Анотація:

В статті йдеться мова про те, що треба знати про стрес та стресові ситуації, і чому не треба боятись попадати у стресові ситуації. Також, в статті приведено багато прикладів того, як стрес може допомогти нам у нашому житті та може зробити з нас більш соціально активних людей.

Ключові слова: стрес, проблема, серце, тиск, відповідь на стресові ситуації, природа, гормон, окситоцин, соціальність, стійкість, турбота, досвід.

Abstract:

This article is talking about what we need to know about stress and stressful situations, and why we shouldn't be afraid of getting in stressful situations. Also, the article shows a lot of examples of how stress can help us in our lives and can make us more socially active people.

Key words: stress, problem, heart, pressure, response to stress situations, nature, hormone, oxytocin, social person, resilience, care, experience.

The first what we think about stress it is a big, biological problem. But a lot of good specialists tell us that stress can be beneficial for your body. In this article I'm going to show that stress can have different influence depending on your attitude towards it.

The bad news first - people who experienced a lot of stress had a 30 % increase risk of dying. But it was also true for people who were convinced that stress was harmful for their health. People who considered that stress helps you had no stress - related increase of dying. So I wondered if people can change the attitude to stress, they can save their lives and be healthier. And here the science says yes - when you change your mind about stress, you can change your body response to the stress. Mother nature gave us stress in order to survive, not to kill us.

Every person in this world has been stressed at least 10 times. So you know this condition - your heart is pounding, you might be breathing faster and breaking out into a sweat. And normally we interpret these physical changes as an anxiety or that we are coping with pressure very well. But if we are told that stress is good for you, that if your heart is pounding it prepares you for action; if you are breathing faster there is no destruction for your health, it is only your brain gets more oxygen. How would you feel about it? So next time, when you are stressed, just think that this is your body helping you rise to this challenge. And when you view stress like this, your body believes you and your stress response becomes healthier.

One of the most underappreciated aspects of stress is that stress makes you social. To understand this side of stress we need to talk about hormone oxytocin. It is also called a `hug hormone`, because it releases, when you hug someone. But it is only a small part, in what oxytocin is involved in. Oxytocin is a neuro hormone, it primes you to strengthen closer relationship with your family, friends, it enhances your empathy, makes you more willing to help and support the people you care about, instead of bottling it up. But this stress hormone releases, when you were stressed. Ok, how knowing this side of stress can make you become healthier? Oxytocin can make your heart cells regenerate and recover from every stress-induced damage. This stress hormone strengthens your heart. When it releases, you seek support and you are more willing to help another people. And the cool thing is that all of these physical benefits of the stress are enhanced by social contact and social support.

Lets refer to the figures - when you are stressed in hard and devastating situations, for instance, financial difficulties, you have 30 % risk of dying. But when you spend this time carrying about other people and helping them, you have no stress-relates risk of dying. Zero. Caring-created resilience. We see that harmful effects are not inevitable. How you think and how you act can transform your experience of stress. When you choose to connect with others under stress, you can create resilience. Stress gives us access to our hearts,

it makes us get rid of worries and be happy with people, who surround us and make us remember that we don't need to face our problems alone.

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