# So, What is Stress?



## The Caraday Way

Our vision in everything we do is to convey a shared value of compassion, a commitment to excellence, open communications, motivation to be the best, and a sense of personal integrity.

We are honored to care for our residents and share a passion to make their days enriching and fulfilling. Quite simply, it's **The Caraday Way**!

There are good and bad kinds of stress, and unfortunately, most of us are probably more familiar with negative stress. So, what is negative stress, and what physically causes it?

Stress is caused when there is a perceived threat in the environment. We commonly refer to it as the "fight or flight" response because our autonomic nervous system is activated, and a hormone called epinephrine is released into our bloodstream. Our body internally prepares itself to flee from the threat or shift all of our energy towards confronting the threat.

Stressors, also known as the stimuli that cause stress, can be various things in our lives – significant life changes such as a move or job change, the loss of a friend or family member, or an illness. It can even be simple things, such as work deadlines, relationships, and family responsibilities. Stress manifests itself in our bodies and comes out in different ways that may include:

- High blood pressure
- Muscle tenseness
- Decreased immune system
- Dizziness
- Fatigue
- Headache
- Nervousness

If stress is not dealt with, it can present itself in more long-term and potentially dangerous ways to the body. It can create depression, anxiety, diabetes, gastrointestinal issues, heart disease, or obesity. For these reasons, it is best to deal with the root cause of your stress head-on. Identifying key stressors in your life is the first step toward finding your new inner peace and living a healthier lifestyle.

For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com