

STRESS OUT

Stress Reduction Program

Julie Schultheis, MA, LPC

An Associate of

The ANXIETY & STRESS
MANAGEMENT INSTITUTE

1640 Powers Ferry Road
Building 9, Suite 100
Atlanta, Georgia 30067

770-953-0080 Ext. 302

**Email: Info@StressMgt.net
Website: www.StressMgt.net**

What is Stress?

As a normal response to stress, the brain and pituitary gland send out signals telling the body to release stress hormones, adrenaline, and cortisol. These hormones cause increased heart rate as well as elevated blood pressure and glucose levels. In addition, the digestive system slows down in order to prepare our bodies for “fight or flight.”

This “normal stress” is usually short-lived. In which case, the body automatically compensates by eliciting the relaxation response or by calming itself in order to return to a balanced state. Chronic stress however, can prohibit the body from returning to a balanced state, thereby contributing to conditions such as cardiovascular disease, diabetes, obesity, sleep disorders, digestive tract irritation, and suppression of the immune system.

Learning to effectively manage the stress which inflicts many of us in today’s world can empower individuals to positively influence their overall health.



"Persistent, unremitting stress leads to a variety of serious health problems. Anyone who suffers from chronic stress needs to take steps to alleviate it, either by learning simple techniques to relax and calm down, or with the help of qualified therapists."

- George Chrousos, M.D, National Institute of Child Health and Human Development

Physical Symptoms of Stress

Increased blood pressure

Palpitations (awareness of heart rate)

Headaches

Apprehension

Impatience or irritability

Insomnia

Fatigue

Poor concentration

Impairment in memory

Tense muscles

Aches and pains

Sexual dysfunction

“Butterflies” in your stomach

Pain or cramping in intestines

Diarrhea and/or constipation

How Does Therapy Help?

Many individuals living with stress and anxiety have found help through therapy. Cognitive Behavioral Therapy (CBT) and relaxation training are two of the most effective treatment approaches used to help clients effectively manage their stress.

CBT is an action-oriented training that creates awareness of the thinking patterns that may cause clients unnecessary stress. The therapist teaches clients to replace stress producing thoughts with realistic alternative perspectives. Once clients learn this process, they can use it for a lifetime. CBT is scientifically proven to be effective in treating both anxiety disorders and depression.

Relaxation training utilizes breathing techniques, progressive muscle relaxation, and other coping skills designed to calm the body's nervous system. These skills are painless, easy to use, and effective in quickly reducing one's stress level.

The Anxiety & Stress Management Institute

We are an integrative facility focused on health and well-being. We utilize well-researched, state of the art treatment approaches and believe that treating the whole person is the most effective way to produce lasting change.



The **Stress Out** program is a three session program designed to teach participants the basics of stress management. Participants can choose from individual or group sessions to best suit their needs and schedules.

For more information call our Intake Department:

770-953-0080 Ext. 302