

STRESS: THE ENEMY OF WELL-BEING

WHAT IS STRESS?

Aggression of the organism by a physical, psychic or emotional agent leading to an imbalance which must be compensated for by adaptation work



GOOD STRESS OR ACUTE STRESS

The whole body adapts and reacts to a specific situation.
The stressful situation is mastered and overcome.
The body returns to normal



Stress is also referred to as

- the agent that causes the reaction;
- the reaction itself



CHRONIC STRESS

Stress is repetitive and lasts over time.
The body cannot recover and becomes exhausted.
The individual can no longer cope with everyday life

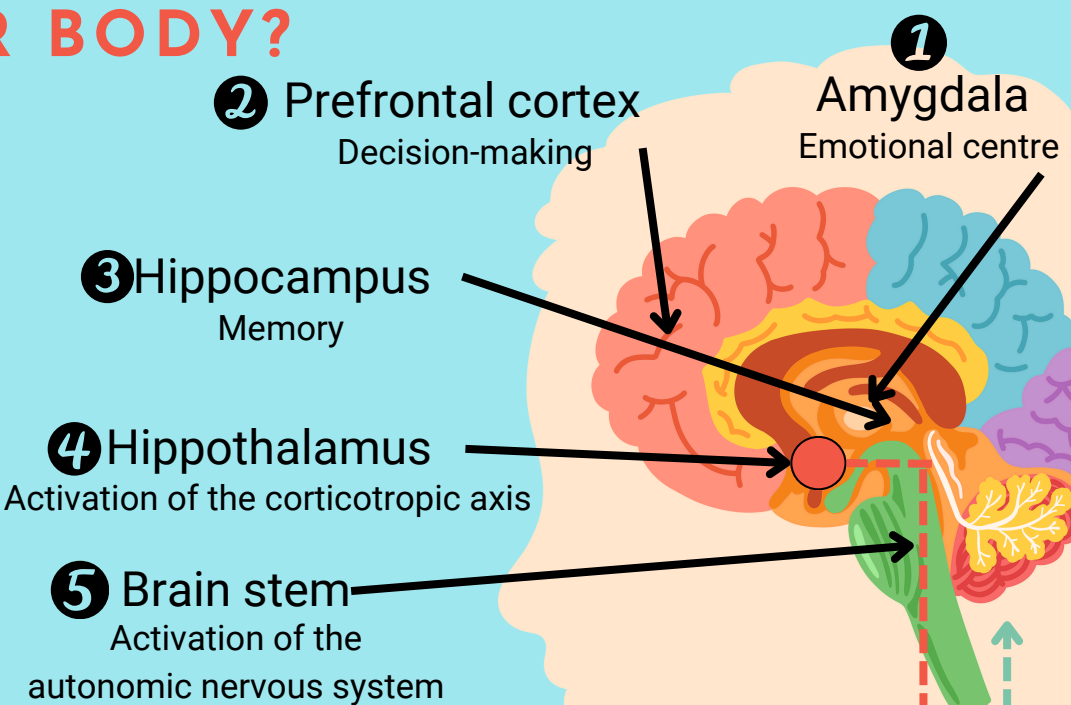
HOW DOES STRESS AFFECT OUR BODY?

1 THE ALARM PHASE

Emotions stimulated, senses mobilised

To cope with stress, our body triggers a series of cascading reactions. It starts with the areas of the brain involved in **emotions** and **coordination**.

After passing through the brain, the body mobilises and reacts.



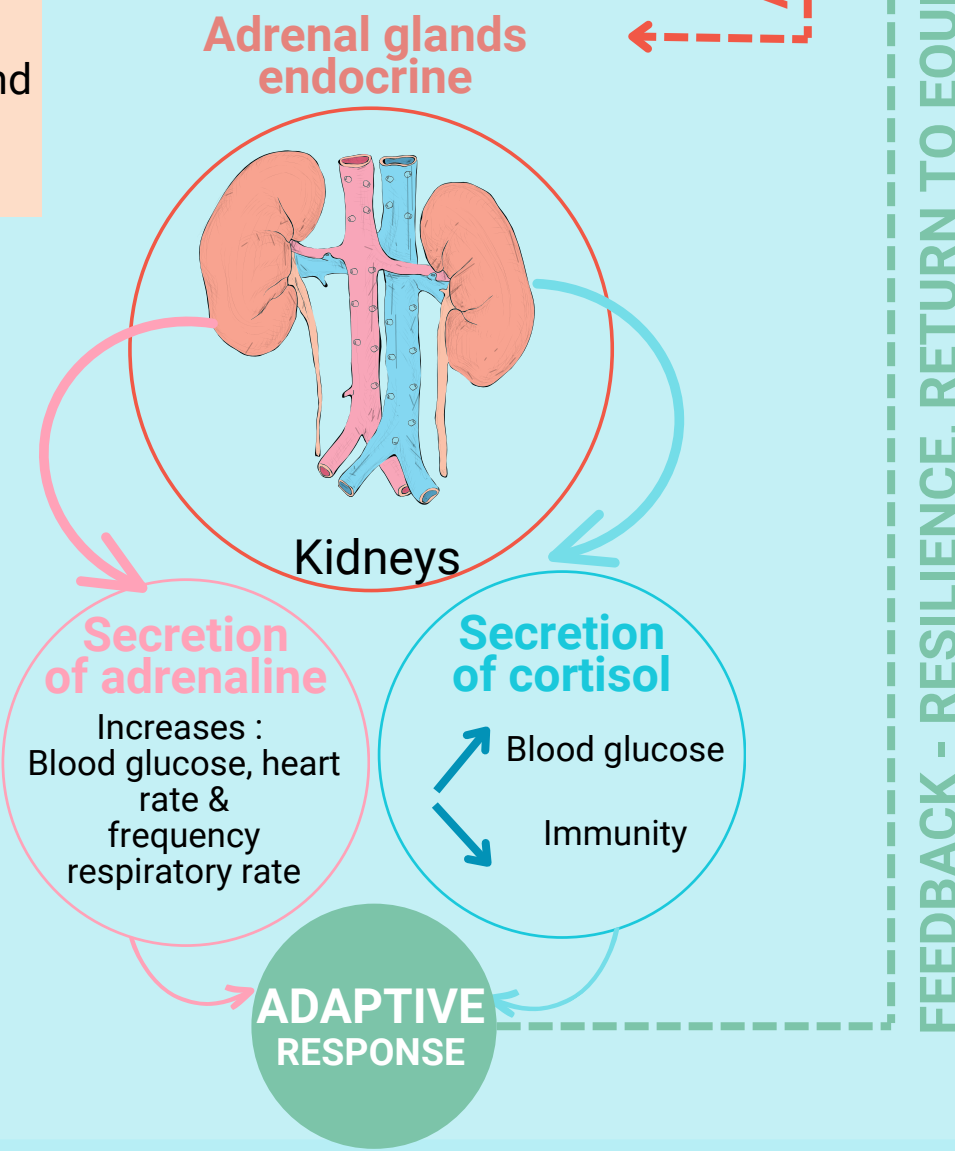
2 THE RESISTANCE PHASE

The hypothalamus transmits a hormonal message (ACTH) to the adrenal glands.
The body mobilises to respond to the alarm phase.



It was this physiological response to stress that enabled our **Neanderthal** ancestor to survive against woolly **rhinoceroses** and other mammoths by hunting them when their size allowed it or by running away when they were too big.

Physiological response



3 THE EXHAUSTION PHASE

In the case of **chronic stress**, the resistance phase lasts too long and a so-called pathological stage is reached. Too much cortisol in the brain reaches a **saturation** level, the brain receptors become less sensitive to cortisol. There is no longer any control over stress. **Harmful effects** begin to appear on the body.

Hypertension
Nervousness



Pain

Burn Out

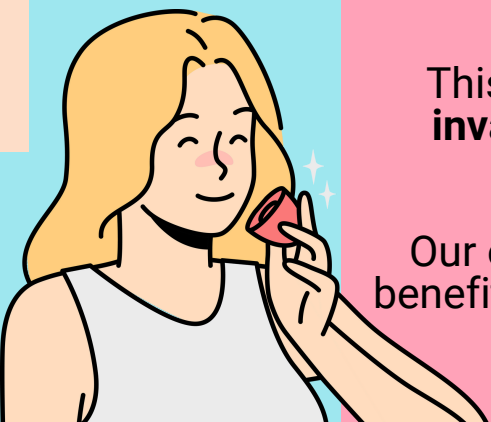
Depression

Headaches

Sleep, appetite and digestion disorders

HOW CAN WE HELP THE BODY PREVENT STRESS?

For **acute stress**, as for **chronic stress**, various **actions** can be taken to prevent it, such as listening to music, meditation, breathing exercises, etc.



Did you know?
Olfaction can help prevent and reduce stress.
This **natural, gentle** and **non-invasive** method of action is Phodé's speciality.
Our olfactory solutions use the benefits of olfactory molecules for well-being.