

Managing Stress

Stress levels can impact your health. Stress can, among other things, increase your [blood sugar levels](#), decrease protein, decrease muscle mass, interrupt sleep, affect your ability to focus and your memory, exhaust your [adrenal glands](#) and affect your immune system functioning.

Stress management based on your comprehensive test results is an important part of your overall health improvement plan.

Stress management can be divided into two broad categories, active and passive. Active stress management, those things that you must actually do, can include such things as deep breathing, taking a vacation, certain exercises, going for a walk, shutting off your electronics at a certain time before bed, meditation, progressive muscles relaxation techniques, and many others.

Passive stress management, on the other hand, involves less activity on your part, things that are done for you such as adrenal herbs, acupuncture, chiropractic care and massage therapy. There are even passive meditation machines that will bring your brain cycle rate down to a calm, meditative state.

Your plan will include the right strategies for you to help manage stress and reduce its harmful impact on your health.

If you are interested in strategies to manage stress, call us at (780) 485-9468 or [book an appointment online](#).