

THE NATURE AND TREATMENT OF THE STRESS RESPONSE%0A

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The Nature and Treatment of the Stress Response : A ...

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The Nature and Treatment of the Stress Response - A ...

Barely more than twenty years ago the inquiry into the nature and implications of the psychophysiological stress response seemed to be restricted to laboratory animals. Today, however, scientists from a wide range of disciplines are studying stress and its implications for human health and disease.

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The Nature and Treatment of the Stress Response: A Practical Guide for Clinicians

The Nature of Stress - UNB

The Nature of Stress Stress is a reaction to change; it can be either positive or negative, and it affects both the body and the mind. Normally, stress stimulates the release of hormones such as adrenaline, quickening the heart rate, accelerating the metabolism, and generally preparing the

body for emergency action—whether or not the opportunity for action exists. Stress can destroy a

Disorders of arousal and the relaxation response ...

The resultant stress-related diseases are, therefore, viewed as "disorders of arousal." From the reformulation offered herein emerges a neurologically-based rationale for the clinical use of the "relaxation response" in the treatment of stress-related diseases.