

1. What is Stress?

Stress is the body's response to any demand or threat. When you perceive a challenge (physical, emotional, or psychological), your body triggers a “fight-or-flight” response to protect you.

2. How Does Stress Come? (Causes/Triggers)

Stress can arise from:

External factors: Work pressure, financial issues, relationship problems, illness, social media comparison.

Internal factors: Overthinking, fear, low self-esteem, perfectionism, negative self-talk.

Your brain interprets these as threats — real or imagined — and reacts.

3. Science Behind Stress

The Stress Response:

The hypothalamus in your brain signals your adrenal glands.

They release stress hormones: cortisol, adrenaline, and norepinephrine.

These cause physical changes like increased heart rate, blood pressure, and heightened alertness.

Prolonged exposure to these hormones leads to chronic stress.

4. Symptoms of Stress

Physical:

Headaches

Muscle tension

Sleep disturbances

Fatigue

Upset stomach

Emotional:

Anxiety

Irritability

Mood swings

Feeling overwhelmed

Behavioral:

Overeating or undereating

Procrastination

Increased alcohol/drug use

Social withdrawal

5. Wellness Tools to Manage Stress

Here are powerful, science-backed tools:

a) Deep Breathing

Science: Activates the parasympathetic nervous system (“rest-and-digest”), reducing cortisol.

What happens: Heart rate slows, mind calms, oxygen levels balance.

Try: 4-7-8 breathing or box breathing.

Here is the wellness tools you can download from playstore

<https://play.google.com/store/apps/details?id=com.havabee.breathe>

b) Meditation / Mindfulness

Science: Reduces amygdala activity (fear center), increases prefrontal cortex activity (decision-making).

What happens: Increases emotional regulation, reduces anxiety and ruminative thinking.

Here is the wellness tools you can download from playstore

<https://play.google.com/store/apps/details?id=org.heartfulness.heartintune.prod>

c) Physical Activity (e.g., walking 10k steps)

Science: Exercise reduces cortisol and increases endorphins (feel-good hormones).

What happens: Improves mood, sleep, and cognitive function.

<https://play.google.com/store/apps/details?id=com.google.android.apps.fitness>

d) Gratitude Journaling

Science: Shifts focus from negative to positive stimuli, increasing dopamine and serotonin.

What happens: Improves mood, optimism, and rewires the brain for happiness.

<https://play.google.com/store/apps/details?id=com.northstar.gratitude>

e) Digital Detox

Science: Reduces overstimulation and comparison from social media (which increase cortisol).

What happens: Restores attention span, sleep, and emotional well-being.

f) Affirmations

Science: Strengthens neural pathways associated with self-belief and motivation.

What happens: Builds self-esteem, reduces negative self-talk.

6. What Happens When You Practice These Tools Regularly?

Within 1 week: Better mood, reduced anxiety, better sleep.

Within 3-4 weeks: New neural pathways form, cortisol regulation improves, emotional resilience increases.

Long-term: Better immunity, healthier relationships, sharper focus, longer life.

“Feeling stressed? Watch this video to relax and recharge – here’s the link:”

https://youtu.be/0nzUCn7n12U?si=VkogrjDUh9tD_1ho

Final Thoughts

Stress is natural, but chronic stress is harmful. The good news? Our brain is plastic — it can rewire with consistent tools and habits. These wellness practices aren't just psychological tricks — they are deeply biological resets that reverse stress effects.

Would you like a daily routine using these tools?