

Mayo Clinic Medical Edge

Physiology of Stress

1:00

Log

Audio

<p>Intro with music</p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p>
	<p>WORK IS PILING UP. YOU'RE ANXIOUS, JUMPY AND IT'S TOUGH TO CONCENTRATE. YOU'RE FEELING THE EFFECTS OF STRESS. MAYO CLINIC PSYCHOLOGIST RICK SEIME SAYS THAT'S BECAUSE THE BODY RELEASES CHEMICALS – CORTISOL AND ADRENALINE – STRESS HORMONES THAT REV THINGS UP.</p>
<p>Rick Seime, Ph.D. Track 1 (5:10)</p>	<p>"IT MOBILIZES YOUR BODY TO BE ABLE TO RUN FAST, HAVE EXTRA MUSCLE STRENGTH TO DO THINGS."</p>
	<p>GOOD WHEN FACED WITH A</p>

	PHYSICAL CRISIS. BUT STRESS THAT IS MORE EMOTIONAL, WHERE YOU FEEL OVERWHELMED AND UNABLE TO COPE CAN TAKE A TOLL.
Dr. Seime Track 2 (2:45)	“CHRONIC STRESS CAN LEAD TO PHYSICAL PROBLEMS IT HAS A WAY OF DEPLETING THE SYSTEM IN A SENSE THAT MAY NOT BE ABLE TO WARD OFF INFECTION. “
	AND PSYCHOLOGICALLY, DEPRESSION. YOU CAN MINIMIZE STRESS BY TAKING CARE OF YOURSELF. EAT RIGHT, EXERCISE AND GET PLENTY OF REST.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT ONTO MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.