



Stressed Out

By: Allan Studd, Psychotherapist

Stress is a reality in modern life. We live in a high paced society with many stressors that previous generations did not have. From finances to our demand for instant information, many aspects of our lives all contribute to a making life a little more difficult.

Stress is part of the body's way of keeping us safe. In a less complicated world, it primed the body to respond to

danger. The brain would send out a message telling the body to be prepared to react. Adrenaline would be pumped out, blood flow would be redirected, and if any sort of danger appeared the body could then perform extraordinary feats for a short time. Stress has always been an important part in our lives.

While stress continues to serve as a way to protect us, it can also be something that prevents us from being at our best. Being in the midst of constant stress can bring about changes to the brain and to the body that can have negative impacts to

our health. Constant stress can lead to issues such as depression, anxiety, panic and even physical illness. Learning how to bring stress levels down is something that can be achieved by psychotherapy, a type of therapy that focuses on helping someone move away from the stressful situation and towards a way of being that is more manageable.

Psychotherapy Defined

Psychotherapy is a communication therapy where you not only talk about the issue that is causing the stress, but also the thoughts, feelings and behaviours that surround the issue. This works well for individuals in a one-on-one situation with a counsellor, marriage counselling and group counselling. It can be adapted for a variety of situations, and with the goal of putting the ability to move away from the difficult situation into the hands of those who need to do it. Simply stated, it is a way to empower a person to make positive change in their lives.

Change can be achieved in many ways, but at the heart of psychotherapy is a conversation in which two or more people discuss strategies for change. Psychotherapy has proven to be an important part of the healing process as an effective, non-pharmaceutical solution.

ASK THE EXPERT:

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