Series 1of 3

Do You Know There Are Two Types Of Stress?

CHRONIC STRESS and ACUTE STRESS

Chronic stress is an ongoing hassle, fear, or overwhelming issue in a person's life.

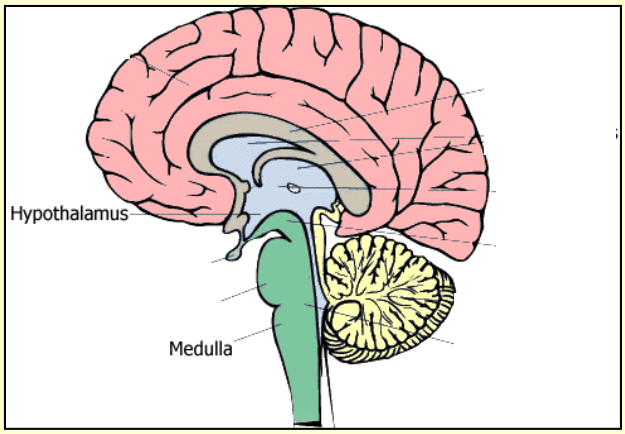
Acute Stress is more temporary and immediate, like a traffic jam.

The human body responds differently to acute and chronic stress.

Lets take a look at the brain

Acute stress stimulates the Medulla

Chronic stress stimulates the Hypothalamus



CHRONIC STRESS

The hypothalamus ultimately signals the release of the hormone cortisol. At sustained levels, cortisol is known to stimulate appetite, promote fat storage, is associated with emotional changes that can include increases in anxiety, apathy, and depression.

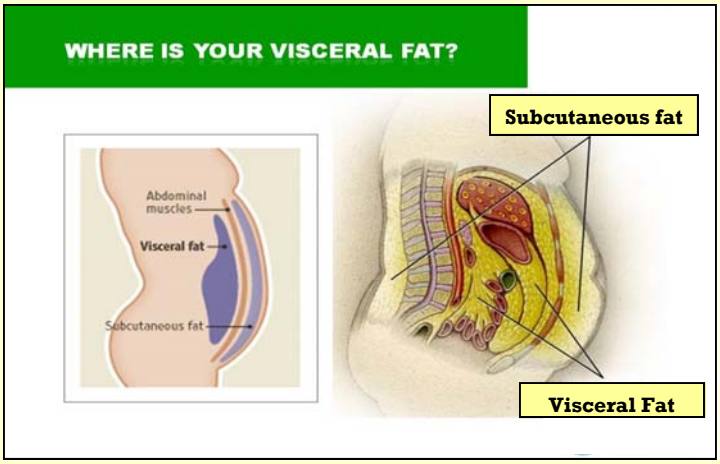
Chronic stress can lead to the deposit of **VISCERAL FAT**. Cortisol and visceral fat are directly related.

When you are under chronic stress, cortisol hormone levels never get at chance to return to normal.

ACUTE STRESS

The medulla signals the release of several "stress hormones". These hormones trigger physiological "flight-or-flight" mechanisms, which include increases in heart rate, respiration rate, fat and carbohydrate breakdown, and blood pressure. Simultaneously, the body slows down other physiological processes, such as blood flow to the digestive system, appetite and food intake.

With acute stress, when the threat that triggered the response has been eliminated, the body and mind return to a state of calm.



Visceral fat is tucked around organs and in between the abdominal cavity and wall. Chronic stress results in accumulation of visceral fat. **Visceral fat is related to hypertension and cardiovascular disease.** Subcutaneous fat is located just under the skin and can be found in the abdomen and lower body, as in thighs and buttocks. Fat in the abdomen is mostly visceral. It is considerably harder to get rid of visceral fat and it carries much greater health risks.

References: *Fitness Journal*, February 2011; http://www.tra2007.blogspot.com/.

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