

Wellness Topic

Sleep, Rest, Stress & Stress Relief

Getting enough sleep and rest is a key component for your personal fitness plans and goals to be successful.

Whether we are discussing proper sleep at night or proper rest in between workouts and individual sets, students must be aware of the benefits and problems.

Teenagers need more sleep because of their rapid growth and activity. If teenagers do not have enough sleep, they can develop sleep deprivation, which can result in:

- Having problems getting up in the morning or falling asleep during the day
- Being sleepy and irritable during the day

Stress is related to both external and internal factors. External factors involve the physical environment, including job, relationships, home, challenges, difficulties, and expectations. Internal factors determine your body's ability to respond to, and deal with, external stress factors and can influence your ability to handle stress. Internal factors include your nutritional habits, overall health and fitness levels, emotional well-being, and the amount of sleep and rest you get.

- One of the benefits of personal fitness is stress reduction.
- Regular physical activity, or exercise, lowers blood pressure and can reduce hormone levels that cause stress.

Exercising on a regular basis helps to turn down the production of stress hormones and neurochemicals. Thus, exercise can help avoid the damage to our health that prolonged stress can cause. Studies have found that exercise is a potent antidepressant, anxiolytic (combats anxiety), and sleeping aid for many people.

Elimination of drug and alcohol use is important for the successful management of stress. It is important, therefore, to take breaks and decompress.

For those who need help dealing with stress and stress-management, counseling in the form of individual or group therapy is offered by various mental health care providers. Stress counseling and group discussion therapy have proven to reduce stress symptoms and improve overall health and attitude.