

Title:

Cortisol --- The Stress Hormone

Word Count:

624

Summary:

Experts claim that physical illness are among the negative effects of too much stress and anxiety.

Keywords:

stress, relaxation, meditation, stress management, hypnosis

Article Body:

Stress affects health in many ways, unfortunately none of them affects well-being in a good way.

Physical illnesses are almost always present whenever a person is under extremely stressful conditions.

In general, cortisol is present in the body at elevated levels in the morning and lowest in the evening.

Sustained and prolonged levels of cortisol, however, may lead to many harmful effects like high blood pressure, heart disease, and depression.

- Journaling or keeping a diary
- Self-hypnosis
- Exercise
- Yoga
- Listening to music
- Meditation
- Sex

Cortisol production varies from person to person. People are biologically designed to react to stress.

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