

To all OGCA Members:

Lesson # 4/Stress and the Brain

Well, today is a better day since construction is doing better and almost fully open!

We still have all the stress of new regulations to deal with. Try to be process driven and not let stress get to the brain! This is what can happen when stress gets to the brain:

Breathing increases, and your heart is forced to pump more blood to the muscles and brain. The liver dumps more stored glucose into the bloodstream to energize the body so this can cause diabetes and a host of other issues. When the stress builds up over time, cortisol from the adrenal glands are elevated which has shown to decrease the number of brain cells in the hippocampus thereby affecting memory. If this stress is not addressed, after a while you are short – tempered, have tired eyes, nervous demeanor, insomnia, increased fatigue, fear, paranoia which all leads to poor immunity and infections and illness. At a physical level, this can lead to high blood pressure, upset stomach, head and neck pain, and many underlying physical problems. When you are highly stressed the adrenal glands are in trouble on a daily basis.

For this lesson, try to learn to relax at least one hour a day by walking, no running, or just reading a book – no tablet, or walking through your garden. Eliminate caffeine, sugar and excessive alcohol. Take a GREEN drink every day and take your B Complex Vitamin for your nervous system and try Royal Jelly for your adrenals. You can get this at the health food store. This will all help the brain function better, help your memory and be happier.

I hope you all are enjoying the series!

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