

# Stress – a question of balance

**STRESS RESILIENCE.** We all know people who are stressed by various life circumstances and this is to their disadvantage. Maybe you yourself are concerned with stressful situations. How can we bring our lives into balance and maintain this balance? In other words, how can we acquire stress resilience? Stress resilience is the ability to cope successfully with difficult situations without negative impact on our body and psyche but with the opportunity to develop personally from them.

Before we answer the question, it is helpful to understand what stress actually is. Positively speaking, our stress system prepares us for action in our lives. It is only when it becomes overloaded, that we perceive and speak of stress.

## **TO BE IN BALANCE**

When tension and relaxation are in balance in our lives, we come into our power and are well-balanced. Tension is caused by our stress hormones, which give us energy and thus prepare us for action, drive and enthusiasm to cope with life. After a period of tension, immune messenger substances provide the necessary relaxation, deep sleep for

regeneration and defence against diseases.

The biological interaction between our stress hormones and the immune messengers provides the balance needed to cope best with difficult situations and the challenges of life.

## **IMBALANCE**

Permanent tension, insufficient production of relaxation hormones and the resulting lack of physical and mental rest cause imbalance. Tension and relaxation are no longer in balance. The result is stress damage, which we perceive in the form of stress symptoms such as sleep

problems, mental and physical tension, difficulty concentrating, emotional imbalance, decrease in memory capacity, a wandering mind, loss of reality, and much more. Probably the most popular permanent stress consequence is burnout, in which stress-related relaxation disorders lead to a total breakdown.

Continuous internal and external stressors result in persistent tension. Our action or stress system becomes permanently overloaded. Stressors are stimuli that we perceive from outside or inside. Their individual evaluation and the resulting personal response determine whether stress occurs.



## STRESSORS

External stressors are environmental pollution such as pollutants in the air and water, permanent (ir)radiation, etc., which have an impact on our body. But also lack of exercise, a wrong posture, an unbalanced diet and pain have a negative bodily impact. Our relationships and our social environment/workplace represent a decisive influencing factor on our psyche. The influence they have depends on whether they are pleasant or upsetting.

Mind and body form an inseparable unit. They are in constant interaction and have an impact on each other. The psyche has a direct influence on the body and vice versa.

Internal stressors are stimuli that come from ourselves. They arise

mostly from our own beliefs and our evaluation of situations. The saying "getting stressed" stems exactly from this and is closely related to our beliefs, and these determine our reactions to psychological stimuli in daily life.

## RELAXATION COMPETENCE

In order to relieve the stress system and bring it into relaxation, it is important to recognize and eliminate the internal and external stressors and build the corresponding relaxation competence. Relaxation competence means being able to relax our neurobiological stress system, the body and the psyche, in a short time. This is done through focused control, regardless of the current situation, and through this control

being able to react appropriately to new stressors.

## ACHIEVING BALANCE

At the beginning, the question arose: How can we bring and maintain balance in our lives?

With serenity of the mind and relaxation of the body, we cope with stressful situations and control our stress system in such a way that we remain balanced and function efficiently.

Our brain then possesses what we understand as neuro-agility. This means that the competence to act in a solution-oriented and productive way is fully available to us, and our immune system is active to ward off illness.

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stress **RESET**  
coaching

## StressReset – building personal resilience.

The StressReset course is for people who want to learn how to build resilience and balance all areas of life: the body, relationships, leisure, inactivity and work.

### What will you get out of the course?

- You will learn how to balance all areas of your life with serenity.
- The relaxation skills you acquire will enable you to manage stressful situations successfully.
- Through stress management with Neuroimagination® you will be able to manage challenges with ease.
- You will practice taking the first steps to implement your personal goal of developing stress resilience.
- You will understand the human stress system and how to apply this knowledge to your daily stress management.

The [StressReset course – strengthen your resilience](#). We publish special promotions via our newsletter. Register now for the [Newsletter](#).