Reduce Stress

Evidence on how reducing stress supports our health

Proof

How Stress Affects Our Body

Sharon Horesh Bergquist gives us a look at what goes on inside our body when we are chronically stressed in this TED-Ed lesson.

How Stress Affects Our Brain & The Effects of Stress Management

Stress isn't always a bad thing - but when it's ongoing, it begins to change your brain. This TED-Ed lesson guides us through what happens in chronic stress.

The Sympathetic & Parasympathetic Nervous System and Breathwork

By stimulating the vagus nerve, breathwork can activate a relaxation response, moving us out of "fight or flight" mode and into "rest and digest".

More Evidence

Find out more on what the scientific evidence tells us about how reducing stress supports our health on the LAMP webpage:

www.HAYCambsPboro.co.uk/LAMP/stress

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