Dr. Aimee Duffy MD: Beyond Traditional Stress: Exploring Today's Diverse Stressors Transcript

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Beach Vacation and Family Downtime

Good morning, I'm getting ready to say goodbye to this beautiful house that we spent the last week here at the beach with my family and my mom who came from Colorado and this week we're talking about stress and I just came literally came flew in, drove to the beach.

Managing Stress Through Breaks and Rest

I had definitely a need of some downtime for sure. And so one of the things I always talk to people about for stress is that you've got to find ways to have some down time and whether you get the opportunity like this to spend a week at the Beach with friends or family, or whether it's just a few minutes where you can take time away and just take a breather.

If you're at work, can you step outside for a minute? Can you close the door to your office for minute. Find ways to take time to regenerate because when your body's in fight or flight, which is stress, right?

It's trying to run from the tiger. It doesn't know how to get back down into that rest, digest, recover mode.

Finding Time to Recover and Recharge

So we've got to sometimes really purposefully find that time. To take a break. Maybe you can take some time on the ocean, on water, in nature, somewhere where you Hopefully you guys find time to relax, recover, get some downtime vacation, hopefully over the summertime, and we will see you in the office soon.

Take care.