



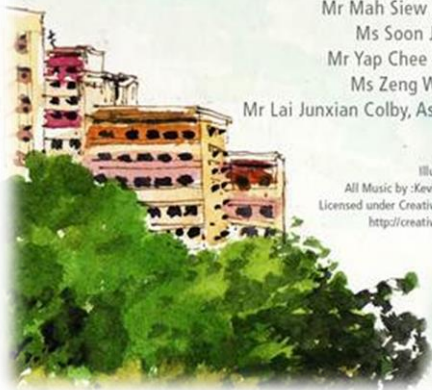
# Release Stress Now 即时解压



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## Background and Purpose

Biopsychosocial research has demonstrated the power of mind and body. Studies show that we have healing resources from our body. Through choices about our lifestyle, psychosocial support and our perspective on meaning and purpose in life, our mental and physical health can be impacted. When we face stressors, physiological pathways between our nervous system and immune system are affected. With elicitation of the stress response, it can slow down healing and contribute to adverse health effects, e.g., disrupt the regulation of blood pressure, blood sugar and immune functions. Prolonged stress also disrupts our eating habits, exercise and sleep.

Stress can be curbed by using self-management, psychological strategies and by activating healthy lifestyle behaviours. Active application of stress reduction methods to elicit the relaxation response can reduce our stress hormones and improve our immune system. This can influence how we think, what we feel and how we behave, which can in turn improve or bring harm to our health.

National Healthcare Group Polyclinics' Psychology Services aims to promote mental and physical health within the community. This series of audio tracks compiled and presented to you introduces safe, brief and easy-to-use stress reduction methods. You can listen to them by clicking on the links, or download them by doing a right-click and "save as": Regular practice (e.g., daily) of these techniques can enable you to take better control of stress and emotional regulation, to promote mental calmness and enhanced physical state of health.