

# SKY DIVING TO RELIEVE STRESS

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Did you ever think of skydiving as a way to get pumped up? Well, it also gets your stress out. Having too much stress in your life is not good. Believe it or not, sky diving is a good way for adults to get rid of stress because it is an extreme activity. The website [www.articlesnatch.com](http://www.articlesnatch.com) says skydiving will clear your mind of stress. To most adults skydiving might be scary but that is why it is a great way to get rid of stress.

## TOO MANY ADULTS SUFFER FROM STRESS

What is stress? Stress is your reaction to something that frustrates you like taxes, work or life problems. Too much stress can make you sick.

What is skydiving? Skydiving is where you jump out of an aircraft and at a certain point you open your parachute. A man named Andre Jaques Garnirin was the first to skydive in 1797. The sport developed in the 1800's. The military began using it in the 1900's.

## EXTREME SPORTS

Skydiving is a great way to get rid of stress. Skydiving gets rid of your stress by pumping you up and making you scared. Doing something scary and exciting causes Endorphins. Endorphins are a natural chemical that makes pain and scary feelings go away.

"It is an amazing feeling to go from the anticipation of going against the primal parts of your brain that are screaming at you to stay in the plane, to feeling like you're flying to being on the ground safely." Alderette, a Marine said, "It is the most fun you can have and it gives you mad bragging rights."

Researchers at Texas A&M say adventure sports, like skydiving, helps you with everyday stress. New research shows that skydiving gets rid of stress hormones by stepping out of your comfort zone. Stepping out of your comfort zone with stress will make you feel less stressful.

