

➔ Stress - A Silent Killer



Poor emotional management results in illnesses. On the contrary, a person who manages stress well will be physically healthier. A survey conducted by the World Health Organization has shown that three out of every 100 people suffer from depression. In fact, approximately 150 million people worldwide are affected by depression, with most between the ages of 30 and 50. The incidence of depression in women is two to four times higher than in men.

Think about it: how dreadful is the power of stress. If we do not manage our emotion appropriately, we will be suffering from it eventually.



Different Sources Of Stress:

Stress is affected by:

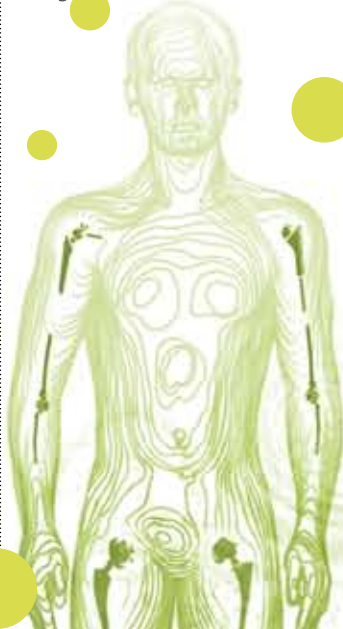
- Physiological changes—malfunctioning endocrine system, menopausal and premenstrual symptoms that can result in pain, discomfort and short-temper
- Psychological factors—poor self-esteem, depression and anxiety
- External environment—work, family and marriage

The Relationship Between Stress and Illnesses

Chronic stress results in the overproduction of cortisol by the adrenal glands. Accumulation of this hormone in the blood can result in a diminished immune function in the long run.

Stress also plays a pivotal role in exacerbating other degenerative diseases such as heart disease, stroke, cancer, diabetes and arthritis.

Stress may worsen insomnia, migraine, fatigue, gastrointestinal discomfort, anxiety and depression.



Latest Findings

- A study conducted in Yale University has demonstrated that 76% of patients became ill as a result of emotional distress.
- Another American study involving 45 medical students conducted over a period of 30 years has revealed that 77.3% of patients who suffer from emotional stress often have compounding ailments such as cancer, high blood pressure and heart disease.
- Medical experts have emphasized that almost 80% of our illnesses are due to emotional stress. Stress stimulates the production of hormones that suppress the immune system, thus resulting in the body's susceptibility to illnesses.



How To Relieve Stress?

In our daily living, we must take care of our psychological health. We must learn to dispose of our emotional garbage in order to be psychologically healthy, just like we need to dispose of our garbage at home every day in order to keep our living environment healthy. The following methods can help you relieve your emotional stress:

- Build a good network of friends.
- Find an outlet for stress release.
- Have a good hearty laugh every day.
- Do not dwell unnecessarily over trivial issues.
- Have adequate rest, proper nutrition and sufficient exercise.
- Have a positive outlook.
- Write a journal.
- Have time for yourself.
- Take a hot shower.
- Engage in healthy recreational activities like sports.



Keep Away From These Substances!

- Foods high in salt
- Foods high in sugar
- Oily foods
- Caffeinated beverages
- Alcohol
- Tobacco

Select your food wisely as this will help relieve our emotions and boost our physical resistance, so that we can be better equipped to adjust ourselves during stress.

It is therefore essential for us to grow internally, manage our fluctuating emotions wisely, and relieve our emotions in an appropriate manner. This will help us establish a harmonious relationship with other people and lead us to a successful and happy life.

