

The Stress Pandemic



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(Adapted from "Transforming Stress, 2005)


STRESS FACTS



71% of all Canadians report feeling stress. (Statistics Canada, 2017)

1 in 4 Canadians have left their job due to stress. 17% more have considered it. (Monster Canada, 2017)



 The brain of infants in utero show changes in the organization of development in mothers who reported high levels of stress. (Cognitive Neuroscience Society, 2018)

75-90% of all doctor visits are for stress-related complaints. (Rosch, 1991)



Stress has been linked to high blood pressure, heart disease, obesity and diabetes, immune issues, higher risk of infertility and miscarriage, headaches, muscle tension or pain, anxiety and depression, and much more. (Mayo Clinic, 2016)

CONTRIBUTORS



Everything is moving faster. Messages arrive faster. Deadlines are tighter. Transportation is swifter. All this speed decreases your time and space to slow down and find your centre.

Too many things are vying for your attention. Alarms, beeps, dings, and tweets are distracting you and fragmenting your attention. This creates emotional instability and disharmony in your body and mind.



Stress is contagious. The heart has an electromagnetic field that radiates out at least 10 feet from the body. When you or someone else is feeling turbulent emotions and stress, this sends incoherent signals into the field that create disorder and disharmony, which can affect others' emotions.

THERE IS HOPE

Yes, stress is a big problem. But its solution begins small. The solution begins with YOU. Don't underestimate the power you can have on yourself, others, your community - at work, home, school, or play. We must turn the tide on stress but that will only happen one person at a time. You can be the change this world needs. To do so, consider the following:

TAKE RESPONSIBILITY.

Be accountable for your own emotions. No circumstance can make you feel stressed. That is your responsibility. If you can change the circumstance, change it. If you can't, then accept it. When you take responsibility for how you feel, you can change your emotions and therefore your stress.

DECREASE YOUR SUSCEPTIBILITY.

Just as negative emotions and stress is contagious, positive, renewing emotions are contagious as well. When you feel positive, renewing emotions, you become not only less susceptible and more resilient to others' stress; you literally spread good vibes to those around you, helping them to decrease their stress too.

GO TO YOUR HEART.

If you believe that the world is a tough place, then that is what it will be, but if you go to your heart to access genuine feelings of care, love, appreciation, and compassion, the world doesn't seem so bad. Your heart has the ability to transform your world, both your outer world and your inner world.