

# Best To Be Stressed

**Stress is not necessarily the boogey man that many people fear.**

Researchers have discovered that some kinds of stress can actually produce positive results. Deadlines, public speaking, and other stressful challenges can, when they are met and conquered, trigger the production of immunoglobulins, a type of protein that strengthens the immune system.

Conversely, stress we cannot change or control, such as the economy, stock market declines, or the war in Iraq, diminishes the immunoglobulin production and weakens the immune system. This will result in us being more susceptible to catching a cold, or actually becoming physically sick.

There are two kinds of stress. One is **Ewe Stress**, or positive stress, which actually inspires people with energy to accomplish great things. (Think of cramming last minute for an exam, or preparing for an important presentation). However, if the stress impact is too great, is repetitive or lasts for an extended period of time, it becomes negative stress or **Distress**. This stress will take away our energy, and could result in anything from a mild depression to a chemical

imbalance which might eventually immobilize us

We can, however, turn our stress positive, by taking control of our stress and looking to the future. To do this, we must find a passion and purpose for our life and more importantly, appreciate what we have.

*Turn stress positive by creating a passion in your life.*

A study done by researchers at the Universities of California and Miami shows that people who consciously remind themselves every day of the things for which they are grateful, show marked improvements in their mental health as well as some aspects of physical health. The results appear to be equally true for both healthy college students and people with incurable diseases. Details of this study has been published in the Journal of Personality and Social Psychology. Try writing a daily gratitude diary listing five positive things about your life.

Compared with groups of subjects who considered themselves stressed by hassles, such as "being cut-off by another driver", "hard-

to-find parking", and "spouses who irritate them", the grateful subjects felt better about their lives and were more optimistic. The college students who were grateful exercised more; the chronically ill adults reported sleeping longer and waking up more refreshed.

Being grateful was also superior to its distant cousin - seeing oneself as better off than others. People who took pleasure in the troubles of others did have better mental health than those who focused on their hassles in life, but worse than the grateful people.

If you are one of those who exist on a day-to-day basis going through life perpetually tired, and feeling depressed, a possible solution to your exhaustion may not necessarily be rest. The solution may be to create a passion in your life



## About the Author



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*An Internationally acclaimed speaker and trainer, Joe has been delighting audiences with his thought-provoking, interactive and inspirational presentations for over 20 years.*

*Joe teaches powerful techniques designed to identify your thinking styles, communication preferences and improve management effectiveness. His sessions will change behaviour and improve your personal and professional life.*

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