



# Stress

## Fundamental

Our point of view, the attitude, the formulated beliefs that we hold within ourselves and give us the framework of our identity, determine how we feel, what we think and how we act.

Collective views, conveyed through education - the parental home, the kindergarten, the school, the church, integration into the world of work, adaptation to the partner - inform our views, attitudes and beliefs.

In the process of adulthood - growing towards a matured personality - we go through changes. The better we experience, experience, understand and process this process, the stronger, more matured, more experienced we emerge from the changes. The development from a naive child to an awakened adult.

In our adults, we encounter borders as challenges that test our assets. We can measure our development by these challenges. They help us to remember what we have achieved so far, who we owe this path to, who we can rely on and how we want to be.

## Definition

Stress is uniformly understood as the inability to meet external and internal demands with one's own abilities. Which means whenever we feel overwhelmed, we experience stress, when we understand what we experienced as an overload.

## Scientific

Being constantly exposed to stressful experiences (chronic stress) can lead to health problems. The risk of cardiovascular diseases, diseases of the autonomic nervous system, autoimmune diseases and mental illnesses, even those that affect the personality, is increasing.

Studies show how our body releases the body's own morphines - endorphins - in short stressful situations. As a result, our sense of pain decreases and our mood rises.

This process could subsequently lead to addictive behaviour, which would explain why people believe that they work much more effectively under stress. In long-lasting stress situations, in turn, the body's own pain-relieving agents sink and inflammation of the joints increased. A possible consequence would be chronic pain.

In short stressful situations, the immune system would be activated. While persistently stressful situations suppressed the immune system.

## Perspectives

Personally, I have come to the conclusion that I cannot reduce the challenges in my life, as they are related to the demands placed on me. I would have to minimise my activities and retreat to a cave. But since I am a developing being that expands in the immeasurable wealth of the environment, I do not want to limit my activities. I want to participate fully in life.

That's how I have to adapt. I must weigh my desires, hopes, longings and fears against my abilities and abilities and ultimately live with the consequences of my activities.



The challenges of life cause stress whenever I overestimate a situation. Whenever I take the situation seriously and personally. Whenever I try to hold on convulsively in a situation, or to avoid, ignore or fight it.

Things must be understood as they are.

Attaching too much value to situations, conditions and objects causes fear, creates uncertainty, doubt, sadness and anger. It has a time- and energy-consuming effect and ultimately it hinders my awakening and growing up.

It hurts my body.

## Exercise

1. What is important to you in life? Write down which situations, conditions, objects are of particular importance in your life. Write down a value on a scale of 0-100%
2. What challenges have you mastered? How did you master these? What resources did you use?
3. If you have to attach immeasurable value to a situation, condition or object, do you have the skills and abilities to do justice to the effects without harming yourself and others?
4. Perceive yourself as you are at this moment. The breath comes naturally. There is neither false nor right. Let the breath escape through the mouth past the teeth, so that a "Sssh noise" or a "snoring sound" can occur. Repeat this way of exhaling as often as you see fit. Bring your attention to how your body feeling, your feelings or your thinking is changing.
5. Discover your feeling of well-being: When a food tastes good to us, we make a sound of well-being. This sound is individual. It can be a throat buzz that swings from the throat into the belly. This sound testifies that we value the food and are happy about it. We will like it and it smells pleasant. All the impressions will ensure that we experience a sense of appetite. In addition, we share this special food with special people. Maybe these feel-good people cook for us. The pictorial presentation of the food creates a feeling of well-being in us. We associate this image with our natural reflex, the expression, i.e. the sound. This can create a warm and comfortable feeling in the body. Maybe there is also some saliva in the mouth, which we can now swallow, in anticipation of the soothing situation. (Background: If we experience well-being, we cannot experience stress at the same time!)