



5422455

STRESS IS THE NUMBER 1 KILLER

ICJ Number: 57250

Journal: *Security Management* Volume: 23 Issue: 5 Dated: (MAY 1979) Pages: 26-28,30-31

Author(s): D SAPIN

Date Published: 1979

Length: 5 pages

Annotation

STRESS, LIKE DEATH, COMES TO EVERYONE AND CAUSES A HOST OF ADVERSE PHYSICAL CHANGES, MANY OF WHICH CAN LEAD TO DEATH. RELAXATION TECHNIQUES AND ATTITUDE CHANGES TO RELIEVE STRESS ARE DESCRIBED.

Abstract

THE RELATIONSHIP BETWEEN STRESS AND HEART ATTACKS, ASTHMA, HIGH BLOOD PRESSURE, AND ULCERS HAS BEEN WELL DOCUMENTED. STRESS ALSO INHIBITS THE ABILITY OF THE BODY'S IMMUNITY SYSTEM TO FUNCTION AND IS, THUS, A FACTOR IN TUBERCULOSIS AND CANCER. IN PRIMAL TIMES STRESS ENABLED MAN TO FIGHT SABERTOOTH TIGERS AND MEET THE PHYSICAL DANGERS OF THE ENVIRONMENT. STRESS RELEASED ADRENALINE AND CORTISONE INTO THE SYSTEM, GIVING OUR FOREFATHERS THE STRENGTH THEY NEEDED TO FIGHT OR RUN. TODAY, THE HORMONES ARE STILL RELEASED, BUT MODERN HUMAN BEINGS MUST OFTEN SIT THERE AND 'TAKE IT.' THE SYMPTOMS OF STRESS ARE MOVING RAPIDLY, FEELINGS OF IMPATIENCE, INABILITY TO MAKE DECISIONS, AND CONTINUAL FEELINGS OF PRESSURE. ALCOHOL AND DRUGS ARE POOR COPING MECHANISMS. THE ANTIDOTE IS RELAXATION, PHYSICAL RELAXATION THROUGH EXERCISE AND BREATHING TECHNIQUES, AND MENTAL RELAXATION THROUGH CHANGES IN ATTITUDE. PERSONS UNDER STRESS SHOULD ADMIT THE PROBLEM, TALK OUT DIFFICULTIES WITH COWORKERS, FACE SITUATIONS SQUARELY AND ACKNOWLEDGE THAT CERTAIN ACTORS SEEM BEYOND CONTROL. THEY SHOULD ALSO LEARN NOT TO TAKE VERBAL ATTACKS PERSONALLY, TO RELAX, AND TO BE PATIENT WITH THEMSELVES. TECHNIQUES FOR EACH OF THESE STRESS PREVENTION MEASURES ARE EXPLAINED IN AN ANECDOTAL MANNER. (GLR)

Additional Details

Corporate Author:

American Soc for Industrial Security 1655 N Fort Myer Drive, Suite 1200, Arlington, VA 22209, United States

Publication Format:

Article

Language:

English

Country:

United States of America

Downloads