

# **STRESS – THE SILENT ROBBER**

## **OF A FULL AND VIBRANT LIFE**

Life has a lot to offer. Maybe you grab it all. Good for you. Keep it up! Perhaps you grab some but still feel you are missing out on some. Sometimes you feel like you are missing out on a lot.

You may not realize it but there may be a silent criminal lurking in the shadows of your life. This criminal has many forms and is the root of many problems; problems that prevent you from living life to its fullest. This criminal that robs you of a full and vibrant life is STRESS. Stress may start by depriving you of small bits of happiness. You learn to carry on, unaware, or perhaps accepting, that you are not living life to its fullest. Unfortunately, stress can often turn into a much harsher felon, able to physically hurt you and in the worst case, kill you.

Stress may cause you to be tired, unenthusiastic, listless, unsure, worn out. You get the “why bother” attitude. Sometimes you just stay home; just stay in bed; you just don’t want to expend the effort. You settle when a little effort would make a big difference.

Stress can make you irritable and cause you to treat your loved ones poorly. You may drink or use tobacco or other harmful drugs in excess. You are prone to over eat or not eat appropriately. You lose interest in spending quality time with your family. These are all part of the criminal’s rap sheet.

But the criminal is not done. He’s chipping away at you figuring out the way to break you down. You are unorganized and don’t plan ahead. Inevitably you are faced with challenges that can’t be avoided. Although you try to carry on and push through, sometimes the challenges are overwhelming. You rush and make poor decisions that turn into more negative results. You get in a rut. You perpetuate the madness and the criminal thrives.

As stress continues its assault you can get physically ill. Your blood pressure increases and you feel anxious and edgy. You get migraine headaches, muscle ache, heart disease, strokes, and ulcers. You can’t sleep.

And this is just in your personal life...

When it comes to work, stress is a real obstacle to success. Stress is an expert at white-collar crime. Stress causes you to lack enthusiasm and initiative. You just “punch the clock” and wait for the end of the day. You find it hard to focus. You settle for good enough instead of striving for excellence. You lack confidence in meetings with co-workers and interactions with customers. You feel stifled and stuck in a dead-end situation. You don’t enjoy your job; but it’s a booming market for the white-collar con.

You may envy those who “have it all together”. You may be asking yourself:

What makes them so different? Ability, circumstances? Maybe. What am I doing wrong? What can I do to take advantage of all that life has to offer? What is holding me back? Ability, circumstances? Maybe.

Likely, stress is the culprit. It may start as a petty thief robbing you of some of life’s golden moments. But it can turn into an evil criminal, harming you and those you love. The good news is you can put this criminal away! Stress can be managed and prevented from causing further harm. There’s a new sheriff in town and it’s you. It’s time you lock stress up and throw away the key.