**Stress & Anxiety**

**Cast all your anxiety on him,**

**because he cares for you.**

***(1 Peter 5:7)***

**Accept anxiety as another name for challenge and you can accomplish wonders. *(James Lincoln Collier, in Reader's Digest)***

**Stress is your body's way of saying you haven't worked enough unpaid overtime*. (Scott Adams, in Don't Step in the Leadership: A Dilbert Book)***

**On a 10-point scale where 10 means the highest level of stress, Americans averaged 5.6 points. 84% said that they felt emotions indicative of prolonged stress, including anxiety (47%), sadness (44%), and anger (39%). Top sources of concern include the country's future (81%), the pandemic (80%), and political unrest (74%). *(American Psychological Association, as it appeared in The Week magazine, February 12, 2021)***

**As soon as any part of the body becomes tense and that tension is not relieved, it is going to cause you pain. *(Anne Mayer)***

**Hagar says to his son: “Son, in our fast-paced society . . . stress is unavoidable! But when you grow up . . . it's better to be a giver of stress than a taker!” *(Dik Browne, in Hagar The Horrible comic strip)***

**The Tribune report pointed out that the disciples of Hans Selye feel that the body can take large amounts of stress if the peaks are regularly relieved by valleys of relaxation. *(Dr. Arnold Pike)***

**Erma Bombeck says she doesn't have stress but thinks she may be a carrier. *(Field Newspaper Syndicate)***

**Stress cannot exist in the presence of a pie. *(David Mamet, in Boston Marriage)***

**As the cat stands in an awkward position, one man says to another: "The cat was completely stressed out from the move, so Barb has been teaching him yoga." *(John McPherson, in Close To Home comic strip)***

**Another cause of anxiety is change, any kind of change whether good or bad: a new job, a graduation, a pregnancy, even a vacation. *(Anne Mayer)***

**The way a mother cares for her baby can determine how stressed out the child will be as an adult because her nurturing can permanently change the way the infant's stress receptors operate, new studies on rats suggest. The studies, presented Sunday at a conference on the fetal and infant origins of adult disease, found that baby rats who were licked a lot by their mothers turned out to be less anxious and fearful as adults and produced lower levels of stress hormones than those who were groomed less. The scientists found that the mothers' licking caused the baby's brain to crank up a gene involved in soothing the body in stressful situations. Several human studies have found an association between the mother's nurturing and the future mental health of her children. *(Emma Ross, Associated Press, in Rocky Mountain News, June 9, 2003)***

**Lasting effects of childhood stress: It's well established that chronic stress can have serious consequences for adults, increasing the risk of heart disease, diabetes, and other disorders. Now a Harvard University study has found the first evidence that persistent emotional anxiety and turmoil during childhood can have damaging health effects long after kids grow up, even if the stressful experiences have faded into memory. The researchers analyzed a British longitudinal study of 6,714 British children born in a single week in 1958. Over a period of four decades, the subjects' emotional and mental states were assessed several times; by age 45, their risk for diabetes and heart disease was also evaluated. Those who'd faced childhood stress that persisted into adulthood were the most vulnerable to heart disease and diabetes, the researchers found. But even the people with low levels of adult stress were at higher risk for those chronic health issues if they had endured psychological distress as kids. "Childhood distress is a serious public health issue in its own right," lead author Ashley Winning tells CBS News. "Our research shows it may also set up a trajectory of risk of poor health as people age. *(The Week magazine, October 16, 2015)*
According to a Gallup poll, 29 percent of people find the Christmas holidays more stressful than enjoyable. Nearly one in four people finds they have more headaches during the Christmas season than at any other time of year. *(Noel Botham, in The Ultimate Book of Useless Information, p. 70)***

**Cedar Rapids, Iowa, is the most relaxed city in the United States. Gary, Indiana, is the most nerve-wracking. Or so it was concluded from the "Urban Stress Test," whatever that is, conducted by Zero Population Growth, an outfit with a purpose. *(L. M. Boyd)***

**Highly stressed people get nearly twice as many colds as people with low levels of tension, according to a new Australian study. What's more, the colds last nearly twice as long for people under great stress. But even a low-stress life-style doesn't entirely prevent colds. (*National Enquirer, February 24, 1987)*A survey conducted at Iowa State College in 1969 suggests that a parent's stress at the time of conception plays a major role in determining a baby's sex. The child tends to be of the same sex as the parent who is under less stress. *(David Louis, in Fascinating Facts, p. 20)*
It's no surprise that constant stress can make people sick, and now a team of researchers has figured out how. A study focused on 119 men and women who were taking care of spouses with dementia. The health of the caregivers was compared with that of 106 people of similar ages who were not living under the stress of constant care giving. Blood tests showed that a chemical called Interleukin-6 sharply increased in the blood of the stressed caregivers compared with blood of the others in the test. Previous studies have associated IL-6 with several diseases, including heart disease, arthritis, osteoporosis, type-2 diabetes and certain cancers. The study also found the increase in IL-6 can linger in caregivers for as long as three years after a caregiver had ceased that role because of the spouse's death. Of the test group, 78 spouses died during the survey. “This really makes a link to why chronic stress can actually kill people,” said Janice Kiecolt-Glaser, professor of psychology and psychiatry at Ohio State University. She explained that people under stress tend to do things that can increase their levels of IL-6. For example, they may smoke or overeat; smoking raises IL-6 levels, and the chemical is secreted by fat cells. Stressed people also may not get enough exercise or sleep, she added. Exercise reduces IL-6 and normal sleep helps regulate levels of the chemical, she said. It clearly points to the need to control stress better, she said. *(Associated Press, as printed in Rocky Mountain News, July 1, 2003)***

**Stress costs the U. S. economy an estimated $300 billion a year in absenteeism, lost productivity, and increased health-care costs. *(Marketwatch.com, as it appeared in The Week magazine, June 9, 2006)*
 Most common cause of coughing is stress, by a 50-to-1 ratio over the common cold, according to a medical authority. *(L. M. Boyd)***

**Child returning home from school to parent: “Boy, talk about a stressful day! We had a math test, a spelling quiz, and broccoli casserole for lunch.” *(Norb Otto, in Woman’s World)***

**Stress is defined as the body's emotional and physical reaction to change. *(HCR Manor Care)***

**A Piece of Cake: The young wife who had put on 30 pounds explained to her husband that she gained weight because she was “stressed” out. “I know all about ‘stressed,’ sweetheart,” he replied. “It's ‘desserts’ spelled backwards.” *(Arlene Carroll)*

It's not stress but distress people should avoid -- yet too many of us don't know the difference between the two, says an expert in The U.S. Journal. Stress in itself is not destructive, so long as it’s a natural by-product of living and working up to our own expectations. But stress becomes distress -- and therefore destructive -- when it's a by-product of living and working up to expectations set by others, explains famed Canadian medical scientist Dr. Hans Selye. (*National Enquirer, May 26, 1981)***

**Divorces granted by Iraqi courts have doubled over the last four years, to more than 41,000. Divorce was once rare, but is growing under the stress of sectarian killings, displacement, and rampant unemployment. *(Los Angeles Times, as it appeared in The Week magazine, May 16, 2008)***

**Doctors have discovered a unique way of measuring how stressed out a person is: by studying their earwax. The study shows that the stress hormone cortisol is present in the oily secretions of the ear canal. While cortisol can be found in the blood and even in hair follicles, earwax seems to provide both an easy to find and accurate measure of the "fight-or-flight" hormone. Doctors theorize that measurements of cortisol can help better diagnose people who struggle with mental health problems. *(The Daily Chronicle)*
Doctor: "You're too tense, Hagar! You must try to eliminate stress from your life!" Hagar: "I'll try, Doctor." As Hagar returns home, Helga asks him: "What did the Doctor say?" Hagar: "He said your mother can't visit us anymore." *(Chris Browne, in Hagar the Horrible comic strip)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Exercise is stress, but good stress. *(Dr. Arnold Pike)***

**De-stressing exercises for tension-prone areas: Jaw/neck: Close your eyes and relax facial muscles. Open your mouth wide and hold for 10-20 seconds. Upper back: Sit straight up with your hands on your knees. Drop your head to right shoulder, hold 20 seconds. Repeat to the left. Lower back: Sit on the floor, with your back straight and legs out to the sides. Turn to the right, placing your hands on the floor for support, and hold 20 seconds. Repeat to the left. *(Dr. Michael J. Wong)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Expressions for stressful days: \* Let me show you how the guards used to do it. \* I'm not crazy, I've just been in a very bad mood for 30 years. \* Allow me to introduce my selves. \* Whisper my favorite words: “Let me buy it for you!" \* I'm just working here till a good fast-food job opens up. \* I'm not your type. I'm not inflatable. \* Back off! You're standing in my aura. \* I work 40 hours a week to be this poor. \* Can I trade this job for what's behind Door No. 2? \* Nice perfume. Must you marinate in it? *(Rocky Mountain News)***

**The first clue that I might be under stress from my duties as a new mother and my graduate studies came during a long-overdue dental appointment. I had arranged for someone to baby-sit and for another student to take notes for me. The dentist gave me a strange look as I settled into the chair for a root canal and sighed, “Gee, it's nice to be able to relax.” *(A. Houston, in Reader's Digest)***

**Some cavalrymen rode their horses so rigorously that they grew additional bone in their backsides and thighs. The added stress of prolonged physical activity causes the bone to grow heavier and stronger. On the other hand, lack of physical activity results in bone loss. Astronauts, after long space voyages, show a remarkable loss of bone. *(Barbara Seuling, in You Can't Sneeze with Your Eyes Open, p. 14)***

**Hard work doesn't give people heart attacks. Hard work itself can be good for you. But somewhere people think, "If only I can make a certain amount of money" or "If only I can get this promotion" or "If only I can get this acknowledgment" -- whatever it happens to be -- "then I'll be okay." Those motivations are what cause stress, which in turn can lead to illness. *(Dr. Dean Ornish)***

**Stress is an ignorant state. It believes that everything is an emergency. *(Natalie Goldberg, in Wild Mind)***

**Stress on the job doesn't have to be bad for you. In fact, it can actually be beneficial, says Rosalind Forbes, head of Forbes Associates, a Manhattan-based consulting firm, and author of the book “Corporate Stress.” Forbes points out that tension caused by boredom is as much a problem as stress caused by overwork -- and she says that just the right amount of stress can make a job both interesting and challenging. *(National Enquirer, November 6, 1979)***

**A Chicago bus driver who began jumping into Lake Michigan a year ago to relieve the stresses of the pandemic and politics has completed his 365th straight day of taking these leaps. Dan O'Conor said immersing himself in the lake's cold waters, helped clear his mind of worries over Covid, street protests, and the presidential election. "It was somewhere where I could block all that noise out and find some moments of Zen," he said. *(The Week magazine, July 2, 2021)***

**Students of stress say you won't remain keyed up if you can relax your jaw. *(L. M. Boyd)***

**Stress during labor comes from the periodic reduction in the oxygen supply when the pressure of the contraction stops blood flow through the placenta. *(Henci Goer, in Reader's Digest)***

**Workers at Matsushita Electric Company in Japan beat dummies of their foremen with bamboo sticks to let off steam. The company has enjoyed 30 percent growth for 25 consecutive years. *(Noel Botham, in The Book of Useless Information, p. 173)***

**Billy: “Grandma, are we livin' in the present tense?” Grandma: “These days, Billy, many of us are living in the present VERY tense.” *(Bil Keane, in The Family Circus comic strip)***

**Lower Stress with the Help of a Friend: We often think of “fight or flight” as the common response to stress. But, according to a University of Illinois study, many women also use a strategy that researchers call “tend and befriend.” That is, they are likely to turn to a caring female friend to talk about a problem, which successfully lowers their cortisol levels – and as a result, their stress. While this strategy is associated more with women, it can help men as well. In fact, studies from the University of California, Berkeley, and a group of international researchers suggest that male animals that form strong social bonds increase levels of oxytocin – sometimes called “the cuddle hormone” because it’s released in the brain when we connect emotionally. So the next time you feel stressed, call a friend. It might help you feel better, short-term and long. *(Reader’s Digest, February, 2022, page 40)***

**Ethel: “I can't believe you missed the interview. We've been talking about it and planning for weeks, you know how important it was!” Willy: “You know I always sleep best under pressure.” *(Joe Martin, in Willy 'N' Ethel comic strip)***

**It's the stress that moves us. Basically we are pretty lazy folk. And if we didn't have some little thing pushing us along, we probably wouldn't move. *(Dr. Paul Brenner)***

**Ocean waves ease stress: Would you prefer to live by a park, or by the ocean? If you want lower stress levels, it may be worth opting for the water view, says NYMag.com. Researchers from Michigan State University gathered mental health data of residents in Wellington, New Zealand, and looked at how much "green" or "blue" space each person could see from their home. They found that people within sight of the ocean reported significantly less psychological distress than those with views of playing fields, parks, or forests -- even when accounting for differences in residents' age, income, and neighborhood crime rates. It's unclear if the ocean's soothing effects are linked to the salty breeze and rhythmic waves, or if views of lakes or rivers would offer similar advantages. But the researchers believe their findings could identify ways to help manage mental illness. "We're living in an increasingly urbanized world," says the study's co-author, Amber Pearson. "So if we can find features in cities that promote mental health, this is really going to help us in the future." *(The Week magazine, June 10, 2016)***

**America has become so tense and nervous it has been years since I've seen anyone asleep in church -- and that is a sad situation. *(Norman Vincent Peale)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**It’s long been suspected that a difficult life can make people look old before their time. Now research shows that stress actually does age us prematurely – right down to our DNA. Researchers at the University of California, San Francisco, studied the DNA of 39 women who had spent years caring for their chronically ill children. They specifically examined the women’s telomeres, which are pieces of DNA that cap the ends of chromosomes and play a critical role in cell division. Each time a cell divides, the telomeres shorten; they therefore can serve as a marker of a cell’s biological age. The women with chronically ill children, the study found, had shorter telomeres than a group of women with healthy kids. The more stressed the woman, the greater the wear on her DNA. The difference was so dramatic that the researchers estimated that the cells of the highly stressed moms had undergone the equivalent of 10 years of additional aging compared to the low-stress group. “Older” cells, in turn, can be vulnerable to a host of diseases. “If we feel stress, it needs to be taken seriously,” Elissa Epel tells New Scientist. “It may be embodied at the cellular level.” *(The Week magazine, December 17, 2004)***

**Scientists in Texas and Illinois recently collaborated on a project that examined how people respond to times of stress. They found that when people feel out of control, they tend to throw out their common sense and start subscribing to conspiracy theories and superstitions, and to see patterns where none exist. (The Week magazine, October 24, 2008)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*With studies showing that pets in the office can lower workers' stress and boost productivity, more companies are opening their doors to dogs. Seven percent of U.S. firms now let employees bring pets to work, up from 5 percent five years ago. (NPR.org, as it appeared in The Week magazine, September 2, 2016)**

**Stress piles on pounds: The stresses of middle age can make women fat, a new study indicates. Women who have suffered distressing experiences, such a divorce or a parent's illness, are much heavier than women with less stressful lives. Researchers asked 2,000 women in their 40s to relate any unhappy experiences from the previous year, then tracked their health through menopause. The more stressful events that women reported, the more weight they gained. It wasn't just because they ate more; traumatic events actually reprogrammed their metabolisms, psychologist Tene Lewis of Rush University Medical Center in Chicago tells USA Today. "Under stress," Lewis says, "people conserve more fat, and we think that may be what's going on here." (The Week magazine, March 25, 2005)**

**Pressure is when you've got 35 bucks riding on a four-foot putt and you've only got five dollars. *(Lee Trevino)***

**We need to remind ourselves that stress is not an event. It is a reaction to an event. The events in our lives are occurring so fast and furiously that before we can change, they change again and again. *(Terry Braverman, in New Thought Magazine)***

**Reality is the leading cause of stress amongst those in touch with it. *(Jane Wagner)***

**Businessman to colleague: "Since we began our corporate stress-reduction seminars, production is down and no one seems to care." (*S. Harris, in The Wall Street Journal)***

**A growing number of resorts are offering “procreation” vacation packages to help couples trying to have a baby relax and conceive. Many hotels offers stress relievers such as couples massages. Maryland’s Five Gables Inn & Spa throws in a Barry White CD. *(Associated Press, as it appeared in The Week magazine, November 24, 2006)***

**Anxiety's like a rocking chair. It gives you something to do, but it doesn't get you very far. *(Jodi Picoult, author)***

**Seashells enable mollusks to live in harsh conditions, resisting tremendous pressures on the seabed. This ability to provide optimum protection inspired engineers to study the shape and structures of seashells with a view to designing vehicles and buildings that will protect their occupants. Engineers analyzed two sea-shell forms -- bivalve (clamshell-style) and spiral (screw-shaped). In the case of the bivalve, it was found that the ribbing on the exterior of a shell directed stresses toward its hinge and outer edges. In contrast, the curving exterior of a spiral shell directed pressure toward its core and wide top. In both cases, the seashells' shapes channeled pressure to their strongest areas, meaning that in the event of damage, harm to the mollusk would be less likely. Commenting on the applications of this research, Scientific American says: "If you wind up driving a shell-shaped car someday, it'll be both stylish and designed to protect the soft bodies inside." (*Awake! - The Jehovah Witness magazine)***

**The biggest big business in America is not steel, automobiles, or television. It is the manufacture, refinement, and distribution of anxiety. *(Eric Sevareid, journalist)***

**Stress is like spice -- in the right proportion, it enhances the flavor of a dish. Too little produces a bland, dull meal; too much may choke you. *(Donald Tubesing, in Kicking Your Stress Habits)***

**What we call stress may really be spiritual isolation. It may arise out of our insensitivity to and our lack of recognition of our spiritual needs. These spiritual needs are unmet because they are unrecognized. We isolate ourselves spiritually. *(Rachel Naomi Remen, in The Healing Process)***

**To stretch means to extend, to expand, to reach out, to put under tension, and stretching movements are those exercises which produce these effects. Actually they are really a branch of tensing exercises, but since they are done with no particular resistance, they do not produce development but are constitutional in their effects. (*Dr. Arnold Pike)***

**Studies have reported that moderate to severe stress increases urinary excretion of zinc, copper, magnesium, and calcium. Moreover, blood levels of vitamin A, vitamin C, zinc, and iron are altered during a period of stress. *(Dr. Jean Mayer & Jeanne Goldberg)***

**First student: “Someday soon, I'm hoping to have stress caused by ‘sudden wealth syndrome.’” Second student: “Me, too!” *(Jim Berry, in Berry's World comic strip)***

**Crisis, shock or extreme fear have been known to cause heart complications. When under stress, there is also a hormone released that inhibits the growth of white blood cells, thus suppressing the immune system. As we come to the realization that our thoughts and emotions largely determine our well being, we can appreciate the joyous shift that laughter and humor can make. *(Terry Braverman, in New Thought magazine)***

**I read the other day that the typical symptoms of stress are over-eating, over-sleeping, and watching too much TV! Who are they kidding? That's my idea of a perfect day! *(Tom Wilson, in Ziggy comic strip)***

**Japanese farmers are beastly to sugar beets. They torment the plants with brooms before transplanting them from greenhouses to the fields. A line of research that goes under the euphemistic title “mechanically induced stress” (MIS) has set scientists in America, Britain and Japan to stroking, bending and shaking their plants for a few remorseless minutes every day. It seems to work. Cauliflower, lettuce and celery that have suffered at the hands of Norman Biddlington of Britain’s National Vegetable Research Station grow up sturdier and more robust (though smaller) than those left alone. If the plants could be disciplined in bulk, MIS would be a boon to commercial growers who prepare greenhouse plants for the trauma of transplantation. *(The Economist)***

**There are two types of stress -- distress and eustress. Eustress is the happy, exhilarating kind. You get it when bidding a grand slam or kissing the bride or betting on the ponies. *(L. M. Boyd)***

**Too little stress in your life can make you ill, says noted psychologist, Dr. Robert Sharpe. "Under-stress," as he calls it, "can cause depression, indigestion, alcoholism, overeating, tension, fatigue and headaches. *(Patrick Edwards)*Jeff Peckman admits that his vision for Denver, Colorado, might seem a little far-fetched. In his world, sitar-playing men and women might grace city streets while residents gather in parks to meditate. Life would be stress-free. The city's economy would rebound. There would be fewer murders, and domestic violence would become virtually nonexistent. And now, the unemployed 49-year-old activist wants Denver voters to embrace his vision -- with a first-of-its-kind ballot issue this fall. Peckman didn't realize until last year that citizens can initiate ordinances in Denver simply by getting a few thousand registered voters to sign a petition. Peckman collected roughly 2,500 valid signatures, which the city's Election Commission verified this month and sent to the City Council. The council, which will discuss the measure at its meeting Monday, must put the issue on November's ballot. *(Robert Sanchez, in Rocky Mountain News, July 12, 2003)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\****

**A sure-fire way to create stress is to search for THE ANSWER -- the one solution to all problems; and when you find it, stick rigidly to it! *(Terry Braverman, in New Thought magazine)***

**Two ways to cope with stress: You can either try to remove the stressors or you can increase the resistance to stress. *(Dr. Arnold Pike)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**While undergoing stress, the body releases cortisol, which prevents macrophages from responding normally to infection. *(Peter Jaret, in Reader's Digest)***

**Zoe: “What are you doing, Mom?” Mom: “Yoga.” Hammie: “Why?” Mom: “To help relieve stress.” Zoe: “Does it work? Is it working now? Maybe now?” Hammie: “How about now? Now? Or now? Why is that vein bulging?” *(Kirkman & Scott, in Baby Blues comic strip)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***