

Potential Consequences of Not Enduring Healthy Stress

We know that the human mind is a phenomenal instrument with magnificent reasoning power and potential. Yet it just doesn't seem to grasp emotional jeopardy's very well. Nor can we always tell if certain efforts we make will truly become victories. Our deficiency of healthy command of the mind, emotionally, sometimes causes us to avoid the very things that would reap us the greatest rewards.

By avoiding and not embracing healthy stress, we miss an incredible list of advantages. But worse yet are the consequences, those blind spots we have to pending disasters. Consequences for not enduring healthy stress is possibly our most predominant subtle killer, yet it is not even a point we measure on the charts of what is destroying the largest number of people.

The biggest culprit to consequences for not enduring healthy stress may be just not keeping good enough track of what's going on in our minds, and knowing more than we do about what is endangering of our emotions. Seeing or experiencing a consequence in action is extremely revealing and influential, yet often much more stressful than the healthy stress that would have prevented the consequence in the first place.

Strong forewarnings, whether they are written on paper or presented through other means of communication, can help strengthen our foresight, if we are open to it. They can, unfortunately however, sometimes equate to reading or writing the fine print of important documents, recognizing hidden agendas, or qualifying subtle innuendos.

At this point, it is important to remember that you are at the first lesson of this group (4 Dealing with Stress in Healthy Ways), not at the last. It would be difficult to substantially increase your endurance to healthy stress without additional knowledge and helpful activities to strengthen it.

This list on the next page is a reminder of potential consequences that we can experience by not enduring healthy stress. Although shorter than other lists presented in this lesson, the potency of each consequence is strong. The list covers a broad scope of scenarios, yet is not all-inclusive. It is presented here as a reference, with hopeful intentions toward your safety and well-being.

As part of this lesson's activities, you are to use this list to help identify potential consequences that exist in your own life as well as those that you recall experiencing in the past, where you have not endured healthy stress. We will also be addressing the issue of consequences further in lesson 4A3, Understanding Our Priorities Better.

Another way to define further consequences is to read the list of "EMOTIONAL INTELLIGENT BEHAVIORS AND SMART CHOICES...." by beginning each sentence with "Reduce our effort...." rather than "Healthy effort"

EXAMPLES

POTENTIAL CONSEQUENCES OF AVOIDING HEALTHY STRESS

1. It can reduce our stability, emotionally, and thus, prevent improving our EQ.
2. It can allow us to accept bad habits that can strengthen power and increase unhealthy influence over time.
3. It can contribute toward worse problems than we think.
4. It can contribute toward embarrassment.
5. It can allow us to set lower standards for ourselves in many areas of our lives.
6. It can contribute toward health problems.
7. It can make us prone to increase bad habits.
8. It can get in the way of accomplishing a worthwhile goal.
9. It can prevent us from becoming broader minded.
10. It can prevent us from gaining healthier understanding.
11. It can cause us to lose valuable privileges.
12. It can cause us to get hooked on using drugs and other unhealthy means to sooth healthy stress.
13. It can dull our psychological senses.
14. It can discourage our interest in being accountable in the area of our lives it is influencing.
15. It can allow us to be dishonest with ourselves.
16. It can reduce our efforts toward healthful endeavors.
17. It can contribute toward accidental bodily injury.
18. It can result in reducing our financial security.
19. It can result in more than just postponing inevitable aging problems.
20. It can be setting a poor example and increasing children's chances of doing similar.
21. It can contribute toward loss of employment.
22. It can contribute toward strained relationships with others and our environment.
23. It can contribute toward a lower level quality to life.
24. It can create an ill impression of how we are to others.
25. It can cause us to get dangerously behind on important priorities.
26. It can make easy tasks seem too difficult to handle.
27. It can cause us to be less cautious, less mannerly, and less generous.
28. It can cause us to learn far less in life that is important to learn than we realize.
29. It can restrict us from getting the very best out of life.
30. It can weaken our resolve and leave us to apply our minds in a more simplified, narrow-minded manner.

What could be consequential because I am not enduring healthy stress? As you start defining more clearly how you are not enduring healthy stress, also begin noting a list of what you are aware of that could result as consequences to you or anyone, for that matter, because you're not enduring healthy stress. Also create a list titled: What am I doing to endure healthy stress and prevent consequences? and note daily to review.