

## REASONS WHY WE AVOID HEALTHY STRESS

Stress, by definition, can amount to experiencing a range of irritations, from a slight discomfort to intense physical, mental and emotional pressure or strain that permeates through the mind and body. EII defines *healthy stress* as the emotional pressure we feel when we need to do something and the mind prefers not to do it. It also comes when we need to avoid doing something, but the mind prefers to do it. We sometimes define healthy stress as the stress we feel when exposed to that which is complex, yet within our grasp to understand and gain healthful benefits. Healthy stress is, thus, about managing and controlling hurtful and/or in other ways harmful reactions to emotions.

An appropriate reaction to healthy stress is an intellectually emphasized, exerted effort to resist pacifying an unhealthy stimulus or the choice to embrace the benefits of a healthy one. When our minds avoid or ignore healthy stress, it can be in conflict of interest with our own well-being. Because we can justify, deny, and exaggerate things so easily, it can be tricky to identify a stressor as being a conflict of interest, without ample understanding and attention.

Our physiological and psychological equilibrium can be upset, whether we are dealing with stress to embrace a healthy disciplined objective or to get through an unfortunate traumatic experience in healthy ways. Stress is stress and pain is pain. It is through our intelligence that we learn to judge the difference, make the necessary adjustments to our thinking, and balance our equilibrium.

By frequently reviewing the categorized lists of reasons we avoid healthy stress presented here, you should be able to further clarify the roles stressful feelings are playing within your own thoughts and life experiences. In turn, this should enable you to begin dealing with healthy stress better. Combined with other lists being provided in these lessons on healthy stress, as well as activities, it should soon allow you a healthier command of your mind, when dealing with healthy stress.

This brief list distinguishes five categorized reasons why we avoid healthy stress, that are further emphasized below it:

We May Have a Deficiency in Knowledge and Practice

We May Not Realize the Mind has Tricky and Inconvenient Peculiarities

We May Have Learned Inappropriate Reactions to Emotions Earlier in Life

We Can be Susceptible to Take Life as Casually and Easily as Possible

We Can be Susceptible Toward Dysfunctional Instability and Misjudgment

With full content on the next few pages, the categorized lists identify several feelings and other obstacles that can prevent us from accepting healthy stress. (Beware: Some require self-honesty and humble admission.)

## **We May Have a Deficiency in Knowledge and Practice**

1. We may not understand enough about what distinguishes healthy stress from other types of stress.
2. We may not know enough about the subtle idiosyncrasies and harmful affects of our emotions to consider the importance of regulating and strengthening control.
3. We may not have had enough quality coaching to inspire enduring healthy stress.
4. The invisible boundaries we need to set for ourselves through healthy stress can be tricky to recognize and manage when we are lacking enough knowledge, rules and guidelines to help us accept them.
5. We may not have been exposed to particular techniques and practices that could help us endure healthy stress.
6. We may not know how to get ourselves to apply enough emotional fortitude to accept healthy stress.
7. We may not realize how much we're hurting or could eventually hurt ourselves and perhaps others by not embracing healthy stress.

## **We May Not Realize the Mind has Tricky and Inconvenient Peculiarities**

1. The human mind is not always automatically attuned to healthy objectives.
2. We can even get arrogant and defiantly rebellious in temperament (subtly or aggressively) about taking care of our own health and well being.
3. We can have the misconception that it is not important to control our emotions, when it is painful to do so.
4. The mind can feel disoriented when facing stress, no matter whether the stress is about managing our emotions to embrace a healthy disciplined objective or to get through an unfortunate traumatic experience in healthy ways.
5. Letting our guard down can be such a subtle stealth-like change in the mind, that we may not realize it is even happening.
6. Without our even realizing it, the mind can spend much more time in neutral and/or thinking about less important matters than paying close attention to the quality of our own behavior and consequences.
7. We can easily get lethargic about the need for emotional strength, even when our own and others' well-being depends on it.
8. We can have thoughts that seem to be logical at the time, yet negatively guide us again and again toward less valuable and even harmful choices—without our even questioning them or their influence.
9. Even though energy is strengthened by perpetual motion, we can expect weakened motionless energy to get us moving, rather than use our intelligence to get our energy moving.
10. We can get as stressed over a \$4.00 problem as we can a \$1000.00 one and not even consider whether we are doing so. We can also not get stressed over a \$1000.00 problem and get overstressed about a \$4.00 one.

## **We May Have Learned Inappropriate Reactions to Emotions Earlier in Life**

1. We can learn inappropriate ways of dealing with the kinds of situations that affect us emotionally.
2. We can avoid calculating how much we're avoiding healthy stress and habitually avoid it more than we realize.
3. Once avoiding healthy stress becomes habitual, it's harder to accept it; in an avoidance position of engrained strength, we must consciously apply extra effort and employ clever leverage to remove such a habit's power and displace it.
4. We can too habitually remain so deeply involved and anxious about matters of the moment that we unconsciously oppose accepting healthy stress, without realizing it.
5. Related habits can engrain such a state of unconcern about controlling our emotions that to an outside observer, it can seem like we're in somewhat of an illusionary hypnotic trance.

## **We Can be Susceptible to Take Life as Casually and Easily as Possible**

1. We may just be having too much of a good time doing what we're doing to consider accepting healthy stress to avoid possible consequence.
2. We may just not be interested in enduring stress, even if it is for a healthy cause.
3. It's easiest to react in the most natural primitive way than to control emotions, when dealing with stress, no matter what it is about or the consequence.
4. It's much easier to avoid the immediate pain of healthy stress than accept it, when the consequence isn't often so immediate or clearly evident to us.
5. It's much easier to give in to strong temptations than to subdue them or delay gratification with healthy stress.
6. It's much easier to avoid healthy, yet stressful, challenges than to become passionate about them.
7. It's easy to continue to postpone dealing with healthy stress until later and later, then later again, without even identifying that we are procrastinating.
8. It's much easier to be lackadaisical about dealing with healthy stress than be seriously concerned.
9. We can avoid taking problems serious enough to accept healthy stress to resolve them.
10. In some situations, it can be equivalent to spoiling ourselves by ignoring healthy stress and we don't realize it or don't care.
11. We may not realize just what it takes to do something healthful that seems difficult, emotionally, and just not bother to pursue it or go about pursuing it in the wrong manner.

## **We Can be Susceptible to Dysfunctional Instability and Misjudgment**

1. It's not easy to develop stability about how we process our thinking, especially when it comes to emotions.
2. We can too easily assume, exaggerate, and in other ways misinform ourselves about too many things, including healthy stress.
3. It's not near as easy to be patient as it is to be impatient, even when it is for healthy reasons.
4. It isn't easy to develop enough insightfulness and foresightedness that could help us accept healthy stress.
5. We can too easily deny that we have a problem enduring healthy stress.
6. We can more easily than we realize develop a conflict of interest between our well being and special interests that allows us to avoid healthy stress.
7. We can get so involved in what we're doing that it can be stressful to pause and consider other important matters that may need our attention.
8. The mind can have an inappropriate predisposed notion that since avoidance hasn't caused problems in the past or yet, we don't expect them to be consequential in the future.
9. Logic and meaningful aren't necessarily second nature! Most of the time, we must think seriously to recognize what's more meaningful to do and take action, appropriately.
10. Without nurturing healthy structure, there are a number of ways a mind can get malformed and contribute, subtly or openly, to destruction of self, others, and/or valuable things of the environment.