

Thought Starters – Stress and Wellness

What we're not adapted for, however, is the chronic, unrelenting stress that has become so common in modern life. This type of stress provokes feelings of hopelessness and helplessness – what psychologists call a “defeat response”. And it's the defeat response that leads to increased fat storage, abdominal obesity, tissue breakdown, suppression of the immune system, and all of the other effects I listed above that directly cause obesity and diabetes. – Chris Kresser from chriskresser.com

Worry and stress affects the circulation, the heart, the glands, the whole nervous system, and profoundly affects heart action. – Charles W. Mayo, M.D.

Holding on to resentment is like drinking poison and writing for your enemy to die.- attributed to Nelson Mandela

The truth is that stress doesn't come from your boss, your kids, your spouse, traffic jams, health challenges, or other circumstances. It comes from your thoughts about these circumstances. – Andrew Bernstein, author of The Myth of Stress

Tension is who you think you should be. Relaxation is who you are. – Chinese Proverb

Our anxiety does not empty tomorrow of its sorrow but only empties today of its strengths. – Charles H. Spurgeon

Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't). James Baraz

Wanting to reform the world without discovering one's true self is like trying to cover the world with leather to avoid the pain of walking on stones and thorns. It is much simpler to wear shoes. – Ramana Maharshi

The most fundamental aggression to ourselves, the most fundamental harm we can do to ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently.” – Pema Chodran

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. – Albert Einstein

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. – Victor Frankl