



CHAPTER 1 - PART 10

Emotions, Stress and Hormones

Let's talk about emotions, stress and hormones because there's a very intimate and powerfully controlling relationship between the three.

Emotions:

As you know, your emotions can be a roller coaster all over the place, or they can be masked so no one can touch them. They can be masked with caffeine or all sorts of different drugs like alcohol or tobacco. They can also be masked with financial beliefs. You might have a bunch of money in a bank account and think "I'm okay" but that may not be the truth at all.

Stress:

Stress is interesting because it's largely something we can deal with, and yet, we may not be directly aware of it. If we're not aware of it, we not only won't deal with it, but rather, we'll react to it and pay for it later.

Let's say you're going to the chiropractor regularly, as I was several years ago when I had a construction company in the Northwest. I was going in two or three times a week until the Chiropractor asked me "What in the world are you going through each day that's causing so much stress?" I said; "Oh, not much, I'm just working - in the job trailer." After thinking about his question, I realized that we were doing excavation at this point in

Stress:

Forces from the outside world impinging on the individual. Stress is a normal part of life that can help us learn and grow. Conversely, stress can cause us significant problems.

Stress releases powerful brain chemicals and hormones that prepare us for action (to fight or flee). If we don't take action, the stress response can lead to health problems. Prolonged, uninterrupted, unexpected, and unmanageable stresses are the most damaging types of stress.

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the project and that bulldozers were backing up within a few inches of the solid steel trailer that I was in all day. They were making this horrendous noise and vibrating the ground so bad that the pencils would bounce right off my drafting table - while I tried to negotiate contracts on the phone that had many details of complex issues. This was causing me to subconsciously protect myself by tensing up. It's what I "had to do".

Our bodies actually fatigue with the work of protecting ourselves from feared things. These things can be physical things, or they can be emotional, or even mental - including imagined. Sometimes not getting a good night's sleep, or getting several nights of mediocre sleep can add immensely to the stress we endure. We can start creating all kinds of outcomes because our vivid imaginations are considered REAL by our brains. The opposite of this effect is what makes top athletes champions. They use imagination to train themselves for competition. Untrained, an imagination can be our worst enemy.

Hormones:

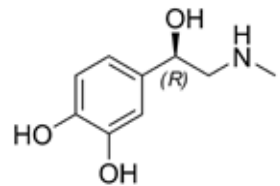
Throw hormones into this mix of runaway emotions and stress and you have a disaster waiting. For guys, there are all sorts of natural or botanical 'balancing creams' available to help stabilize the changes that are going on, but if you're not aware of those changes then you can become a victim of ignorance. Is your hairline or waistline changing? So are your hormones! Look up 'Balancing Creams' at <http://www.arbonne.com>

If you're feeling stressed. If you're feeling incredibly emotional

Hormone:

A chemical substance produced in the body that controls and regulates the activity of cells or organs.

Many hormones are secreted by specialized glands such as the thyroid gland. Hormones are essential for every activity of daily living, including the processes of digestion, metabolism, growth, reproduction, and mood control. Many hormones, such as the neurotransmitters, are active in more than one physical process.



Chemical structure of epinephrine (adrenaline)

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- like when your tipping point for rage is near zero and you can hardly tolerate anything, there is a way to calm all of that without taking drugs, caffeine or...

One answer is rest. Another one is great nutrition. A third one is exercise. They all begin with simply being aware of what is happening to you - because taking 'time out' or having some time for silence as we've talked about can really help calm the emotions - and if you can walk away from the situation for a bit, it's a good thing.

It's easy to say; "you don't understand what I'm going through", but let's think of it as a business analogy. Let's say that your construction 'workers' come in late or dysfunctional. You know that the productivity of your company is affected, therefore your profitability and survival is affected. Knowing that small business is very personal, and being aware of how your 'workers' are doing, and of the job-site 'conditions' and of the demands, and rest and rewards that are given to your 'workers' (all of you) Who's responsible for this?

Maintaining a balance is very, very important. Moving from the demands for basic needs like food, shelter and clothing to self-actualization requires self-awareness and deliberate action. To reduce stresses, calm emotions and balance changing hormones, you and your 'Boss' will have to meet with all the other 'workers'. Sit down together. Offer them ownership. Negotiate for their well-being. Entrepreneurship is a democratic process, and the majority will overcome. Show the way by example.

Become aware and deal with you! Constructive changes *can* be made.