

WHY ZEBRAS DON'T GET ULCERS

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WHAT IS STRESS AND HOW CAN WE COPE WITH IT?

THREE STEPS TO BE LESS STRESSED

WHAT IS STRESS?

Stress is a natural part of life. A zebra will feel stress when being chased across the plains by a lion. And even a lion feels it when she is hunting a zebra for lunch. These days, almost no one is under threat from lions. What we now suffer is prolonged stress, which lasts for much longer and can cause severe medical problems.

WHO IS SUSCEPTIBLE TO STRESS?

While stress is a normal part of human life, there are some people who seem to be far more susceptible to stress-related illnesses. People who grow up poor, marginalised, insufficiently cared for by their parents, 'type-A' personalities and infants who did not receive enough nutrients in the womb are more prone to stress.

WHY PROLONGED STRESS IS A BAD THING

With prolonged stress, you are putting pressure on your heart and body. These pressures are only intended to get you away from the 'lion' and then fade away. Keeping your body under this pressure is not healthy.



1. Understand the role control plays in stress

One of the most interesting aspects of controlling stress is the concept of control. Find a way to take control of a situation, and you will generally feel better. This requires an understanding of what's controllable. The past, for example, can't be controlled and neither can certain things in the future.

2. Have genuine support from others

Another key factor in managing the ill effects of stress is to have an adequate social support group. Social support is more than simply being around other people. It will minimise stress when it comes from finding the right people at the right time.

3. Keep moving and have an outlet

Exercising is excellent for managing stress. It works on a biological and psychological level to make you feel better. If you can't exercise, try to find an outlet such as a hobby or meditation practice.

"In a world of stressful lack of control, an amazing source of control we all have is the ability to make the world a better place, one act at a time."