



## Peninsula Chinese Business Association

美國華聯商會

*Leading because we care*

November 1, 20

Dear Members and Friends:

Let's discuss an unavoidable part of life - stress.

Stress is a natural psychological and physiological reaction to expected or unexpected events. It can lead to mental, emotional, and physical exhaustion.

Is stress different from anxiety? Both terms have become widely used for diverse experiences associated with states of alertness. We feel stress when our brain prepares us to do something. For example, it is stressful in line at the bank because no one enjoys waiting. In contrast, anxiety is associated with fear, worry, and predictions that something threatening or dangerous might happen.

Reducing stress is a great idea, but not everyone knows how to do it. Besides, stress is inevitable. At the same time, some stress in our lives is self-imposed, such as beating a colleague's sales record or preparing for a wedding reception.

We humans love the excitement in our lives. We love to watch horror movies or feel gravity when riding roller coasters. We believe that too little stress in life is dull; just enough makes life engaging, fun, and challenging. Undoubtedly, stress has positive effects in the short term, but we need a delicate balance between predictability and adventure to understand what we need.

Stress is not always the enemy. We can use it to our advantage. Learning how to turn down stress when we don't need it and turn it up when we do need it is the foundation of healthy stress management. The stress response is essential in enabling us to reach our goals. We don't have to be completely calm and relaxed. Instead, be alert and think clearly to take a small bite one at a time. Learning to recharge after a period of stress is more realistic than trying to eliminate it.

*"The greatest weapon against stress is our ability to choose one thought over another."*

William James

Working with family, friends, peers, and clients to encourage positive emotions, such as gratitude, joy, curiosity, and hope, can offer protection, broadening and building on our repertoire of responses to stress. With practice, you will learn to see it as an opportunity to grow, learn, and thrive.

Best for all,

*Johnny DaRosa*

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