

BUSINESS LEADER

William Carey is a director of Ernst & Young, Barrington House, Barrington Street, Limerick and can be contacted at 061 317783 or 086 2563359 email: William.carey@ie.ey.com



Stress—The Silent Killer

For every minute you remain angry, you give up sixty seconds of peace of mind

—Ralph Waldo Emerson

I MET up with a very interesting lady last week, Therese Ryan, who attended the last seminar I held in Limerick and she is a stress management consultant who has just moved back from Australia.

Stress is a topic that has always intrigued me and I just cannot understand why some people who are highly stressed keep themselves in denial until something snaps and their health get adversely affected. I asked Therese to give me a brief overview of the symptoms of stress—I guess to ensure that I was not falling victim to this silent killer that wreaks havoc on so many lives. The problem of course is that this silent killer not only affects the victim but extends to their families also. If you are strung like a bow, you will pass this affliction on to your spouse and family if you are not careful.

Stress has become a word we use to express to others that we are under a lot of pressure and

that we aren't coping as best as we would like too or think we should. It is stated and defined by top academics that stress occurs when a person perceives that "demands exceed the personal and social resources the individual is able to mobilise".

In today's society we are trying to deal with a cycle of increased demands which we where not taught to deal with. When you were in school or university, no-one explained what stress was or how it affected your health. No, you have had to experience it for yourself! And you are probably dealing with the increased pressure as best you can. Maybe you are drinking alcohol to help you sleep. Maybe your smoking more to help you feel psychologically relaxed. Maybe you are taking medication to help your symptoms.

The work-life pressures cause a stress bodily response, and the stress bodily symptoms experienced, to name a few, are:

- Irritability, mood swings
- Short attention Span
- Poor concentration
- Feeling tired all the time – constant lethargy (un-motivated)
- Increased Blood Pressure
- Lack of sleep or inability to sleep

Lack of Performance – spending longer hours at the office however productivity decreases.

Increased intake of caffeine products (caffeine, chocolate, stimulant drinks)

We start craving foods that will give us an energy surge, such as fast food or sweets.

Lack of pleasure or enjoyment from life (things we enjoyed in the past do not enjoy anymore)

Poor digestion

Gastric ulcers

Irritable Bowel Syndrome.

For those people who are caught up in the middle of this quandary, the first thing to realise is that you do have a problem and you need to get it sorted out. It is important to realise that help is at hand and someone like Therese who is trained in this whole area of stress management might be a good option to consider.

Stress management is a positive step towards acknowledging that you want to understand why your body is reacting the way it is. It is about learning new tools to adopt so you can have a better quality of life. Its about learning about your own unique coping mechanisms that make you who you are and acknowledging that we can all

do and need advice, encouragement and empathy at times.

Therese Ryan is a stress management Consultant. She enables individual to learn more about managing the stress in their lives. She was born in Limerick but has being practising in Europe and Australia and has now brought her knowledge and experience back to Ireland. She believes that life is about living and learning and she is passionate about her professional abilities. As I mentioned at the start of the article I met up with her for lunch last week and I am keenly interested in this whole topic of stress and having the ability to effectively manage stress in your life both at work and at home. If you want to give her a call her number is 061-446046 and her mobile is 086-3109976 and she is based in Carrick House, 10 Newenham Street, Limerick.

William Carey is a Director of Ernst & Young, Barrington Street, Limerick and can be contacted at 061 317783 or 086 2563359 email: William.carey@ie.ey.com.