

## **Krofter**

Many of us are of an age that we can remember a time when "working for the man" was considered taboo. I took that to heart and followed in the footsteps of my family and went into farming. Farming is a good fit for many people - its in our dna. Working 10 stories off the ground in an artificial space with artificial light and artificial air conditioning is contrary to our dna. Farming allows one to do what one wants, when one wants to do it in the healing light of the sun and clean air. It allows one to do something to help people in profound ways (providing regenerative practices are used). It allows one to remain connected to the earth and it helps one be active in ways that are in line with our ancestral dna. All of those things are great tools for avoiding burnout. The man has us in his grips. Break free!

Posted On 06/24/2017

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## **stanleybecker**

" nose to the grindstone" - Boss was his first name

Posted On 06/24/2017

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**acs4457**

So do you believe it, it happened to me as well this week. I landed in the heart ICU section with an immense chest pain and you know what, they could find absolutely nothing physically wrong with me. There might be some bio/chemical/electrical short circuit. Seems I just physically expanded more energy than I ingested. I absolutely love my work but do have the inclination to create more work than I can keep up with myself. I need to become more fit for what I am doing. If you love your work/life, you seem to generate the energy ( you can unfortunately not generate more time) you need for it. We should ask Dr M himself ! As it is, this article should be read with Dr. M's previous articles on happiness/mindfulness.

With the children tho, I have started noticing an aspect I do not like at all and have been thinking about it. They are all professionals. It seems that the corporate world is really a hell hole. These professionals, the better they perform, the more they are pushed to deliver. The money dragon being the directive. I will encourage them to go private in most instances. It is better for one to live up to the occasions of your own life than to be pushed to live up to the occasions of someone else's needs/greeds. It is high time someone figures a proper definition for this thing called "stress" tho. The only sensible definition I can think of is "Permanent nervous tension". Surely that is a condition one can manage, even if you have to develop some aggression to push the outside world, back with ? This word did not exist when I was a youngster. I think the Psychology industry of the 80's created a money spinner for themselves.

Posted On 06/23/2017

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**stanleybecker**

hi acs - good post - the word "stress" might not have existed in the 60s and my medical specialist father-in-law used to laugh at me when I used the term - however I never doubted on a personal level that " stress " was real as I experienced the pressure of leaving home and finding a way to survive as a human being

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## ICONOCLAST

The first thing Dr Mercola mentions out of 4 things to Regain Balance and Heal Burnout is: Exercise and a healthy diet that optimises mitochondrial function and limits inflammation (physical nourishment) I would like to emphasize one of the points I vaguely recall in Dr Mercolas latest book Fat for Fuel where he points out that fat is cleaner burning than sugar/carbs. Another link [www.drmyhill.co.uk/wiki/Ketogenic\\_diet\\_-\\_a\\_connection\\_between\\_mitochon..](http://www.drmyhill.co.uk/wiki/Ketogenic_diet_-_a_connection_between_mitochon..)

Here is part of an article of Dr Mercola Having the Metabolic Flexibility to Burn Fat for Fuel Is Key for Optimal HealthE When your body is able to burn fat for fuel, your liver creates water-soluble fats called ketones that burn far more efficiently than carbs, thus creating far less reactive oxygen species and secondary free radicals that can damage your cellular and mitochondrial cell membranes, proteins and DNA. Taken from this article.

[articles.mercola.com/sites/articles/archive/2017/04/24/burning-fat-for..](http://articles.mercola.com/sites/articles/archive/2017/04/24/burning-fat-for..)

The point is that it reduces oxidative stress, and if I recall correctly it was by about 30% maybe 40%. I have just been home to get the book and get back on line in the local library and yes on page 36 under the heading, Reducing Inflammation, it reads: Sugar fans the flames of inflammation in your body, as it is a dirty fuel that was never intended to be our primary fuel.Using sugar for energy produces 30 to 40 percent more ROS than burning fat. Excellent book Dr Mercola groundbreaking a great benefit to mankind.

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## totalemfsolutions

We may be giving most doctors credit to "out" their source of income. You probably have a smart meter attached to your home. Do you own a smart phone? Is there WiFi in your home/office? If so, start your own research and remove yourself from that environment. Try camping away from all electricity and see how good you feel.

FYI, I have been monitoring my heart using an ECG machine away from the city and found that there is a significant difference when camping. I had a client that had a pulse rate of 128 beats per minute. Coincidentally her Apple Magic Mouse was also sending RF at 128 pulses per minute. Coincidence? The heart specialists couldn't figure it out. This declassified Defense Intelligence Agency paper mentions how it effects the heart.

[www.magdahavas.com/wordpress/wp-content/uploads/2011/02/BIOLOGICAL\\_EFF..](http://www.magdahavas.com/wordpress/wp-content/uploads/2011/02/BIOLOGICAL_EFF..)

[www.magdahavas.com/pick-of-the-week-24-microwave-radiation-affects-the..](http://www.magdahavas.com/pick-of-the-week-24-microwave-radiation-affects-the..)

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## wearewell

I am in the process of quitting a job giving two weeks notice at a restaurant/bar. The new owner took over May 1st and us employees used to be a happy family. For starters, the new owner didn't know what a two - week notice was. The owner took over claiming to be 'in the business' for 35 years - probably as a bartender. Well, surprise surprise - there is a restaurant to this bar attached. Needless to say, I stayed on to help get her through the transition. I have been cooking since May 1st (no more bartending) at one time doing 12 shifts straight. Her blatant refusal to cook or learn how to cook has put tremendous pressure on 3 cooks for the restaurant part to be open 7 days a week, specials on lunches Monday through Friday, and closing the kitchen at 9p.m. The new owner does not want to post schedules, gets extremely upset if we have appointments or planned vacations, (she even yelled at me about my son coming for a visit tomorrow - as she said:" didn't your kid just visit you? I didn't know you had two of em" I only get to see my kids once maybe twice a year so I needed to take off 2 days. If any of us deviate from the grueling schedule, she goes into a rage claiming she does not have time off, she is in pain, the place is a 'lemon', she isn't making any money etc. No one has yet asked her: why in the hell did you buy this? So when I turned my notice in, the first thing out of her mouth was: 'After all I have done for you?" Needless to say I was quite shocked. I have one week to go and I feel like the mom who leaves her kids behind because I honestly feel bad the other two cooks have extra burden. She may have to close the kitchen down - not sure - don't care about that. I have been to a chiropractor 2 times in May, my diet has suffered, but I started exercising when my back hurt. I just turned 60 but I am still good to cook/bar tend at local bars/restaurants - just miss the family I once belonged to.

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## forbiddenhealing

Once one has tasted freedom and seen the ways of the world, it's so hard to be harnessed chasing dollars and punching clocks...I for one could never....It may not be an option and sound arrogant, but I love the phrase, "No one tells me what to do."...As time goes by, the noose of overcrowded industrialized American life tightens, options are scarce, stress grows and frankly life becomes a painintheass... too many will put up with it...Mindfulness yields to mindlessness...Eden but a dream.

Posted On 06/24/2017

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## nao3425

Ernie Ford... [www.youtube.com/watch](http://www.youtube.com/watch)

I got my 1st real Job when I was 11, I call it my real job, because I had to get a SSI # to work. there, and for the privilege of having a SSI #, the Gov't started stealing from my pay check, and I got to work 12 shifts and made \$13.10 a shift. My 1st day they made me boss of the pea field I was working in, as I could drive tractor, and the promotion did not come with a raise.

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## As.I.see.it

nao3425: The stealing you speak of is actually by deception, not outright theft. But perhaps that's even worse. Social Security has always been voluntary, despite what most people, including lawyers and tax accountants, believe. From a practical standpoint, it may often be easier to pay than to exercise your voluntary right to decline SS. The following is based on the SS law. Please do your own research if you wish.

### HOW NON-GOVERNMENT EMPLOYERS ARE DECEIVED AND INTIMIDATED

Because employers have possession and control over their employees' earnings before the money is paid over to the employees, the key to the operation of the withholding scam is the deception and intimidation of the employers to withhold money from their employees' pay even if their employees object to the withholding.

Most employers, as well as their accountants and attorneys, have never studied the IRC carefully enough to understand its complexity. They are not aware of the geographical and other limitations in the Social Security (FICA) tax, and upon the withholding provisions in chapter 24 of the IRC. They do not understand (as explained earlier in this article) that the FICA tax and the withholding provisions apply only within Puerto Rico, the Virgin Islands, Guam and American Samoa; that under chapter 24, withholding is not mandatory for either the employer or the employee, and that the withholding provisions apply ONLY to cases where BOTH the employer and the employee voluntarily agree to the withholding.

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## bobande

Good article. A few years ago I began the process of changing from the corporate world to a more simple fitness and health oriented career and lifestyle,,, moving from the city to a rural area in Maine where I could relax, grow my own food and LIVE. It was a struggle at times, because it is nearly impossible to just up and leave your current life and trade it for a "new one" without having to do a lot of work and undergoing major changes along the way. At the beginning, it seemed as though it was simply trading one stress for another ... old ones for new. I also had a major injury, along the way, which left me physically impaired for a few months.

But, in the end, it has been mostly successful. My stress level is majorly reduced and I am enjoying life again, one day at a time. There is a fear in trading stability for uncertainly - fear of the unknown. But, with a decent plan and the ability and willingness to change your current situation nearly anything is possible (except, perhaps, improving my gardening skills which are majorly lacking).

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## stanleybecker

gardening is easy - plants when given the where with all - like soil/ light/ will strive to thrive - let them be - do not smother them - over watering for example can be a problem - love your plants and avoid stressing them by too much attention

Posted On 06/24/2017

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## bobande

Thanks for the info stanleybecker. I am probably over-analyzing it (old habits die hard). However, I am quite successful at growing rocks. I grew up on this property and, looking back, I recall I spent most of my childhood digging and removing rocks. It seems they are reappearing daily.

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## Almond

Trouble shooters rarely get promoted. Many people who get promoted are unwilling to rock the boat and maintain the status quo. Their solution seems to be, "Let's finance a study" when the employees already know problems are due to poor management, yet no one is willing to tell the boss. Trouble shooters are too valuable in their present positions to lose them and allow them to advance. So, they are stuck. Many methods are used to entice them to stay. It is nothing but empty promises unless you get it in writing. If management is unwilling to put it in writing, it does not exist. The boss who promised you something may have good intentions, but he could also be gone tomorrow.

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## odiemae

yes, this is very true! I was a company man, for years, not always the same company. I was training young people to do my job, and, they were getting more money!! Thats a big ol stress overload, (without saying something bad) You Know!! LOL,,, but i'm really still not laughing :(

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## MGT1969

You are right about that. I was a trouble shooter and told everyone from the bottom-up what was wrong, who was wrong and how to go about correcting them. I was given all sorts of pay raises, commendations, awards, etc. more than anyone ever. Not always a team player, since some workers didn't know how to play, let alone the rules of the game. But never got promoted...they wanted me right there all the time taking care of the S\*\*\*. Finally retired after 33 years. Five years later, my husband and I run a successful business selling what we grow in our backyard - vegetables and microgreens - to local restaurants. Life is good!

Posted On 06/24/2017

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## csnnkalk

I faced burnout in the 90's due to over working but did not see it coming until I fell off the cliff and while after recovery, I could see it happening to others who failed to listen to my advice until they fell over the same cliff. Everyone has a different tipping point. Easy to say avoiding is easier than recovery. Stress flows downhill just like proverbial manure, so if your boss is stressed it will likely impact you. Work performance assessments generate perennial stress. Conscientious people will burn out. Corporate greed is at the heart of work related stress. But then the stress associated with looking after ailing family members is just as bad and same results.

Diet, exercise and faith are healing segments - not one or the other; but, all together. In my case, sleep improved with all 3-segments back in the fold. Recovery requires good independent counselling and a carrying health care professional. It was not until about 14 years ago that my health care practitioner put me on a herbal fix that allowed me to return to a more calm state close to where I was pre-burnout. We can talk all we want to someone heading to the cliff, but my layman experience suggests that until that "horse is thirsty it will not drink from the trough it's shown."

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## RaajSingha

Dr. Mercola finally comes very close to the ultimate remedy for stress induced disorders. Previous presentations on the subject and the comments that followed, all contained suggestions related to diets, vitamins, antioxidants, supplements, exercises, EMF, EFT and just about everything all well meaning but of not much help. Until one understands that the only solution lies in the complete obliteration of the very source from where the problem arises, no one is going to get complete relief from the scourge of the modern life. I got jobs my peers could only dream, with one of the world's topmost multinationals. But despite the big money, perks, parties, discos, outings and everything dream jobs bring, there was this very visible tell tale signs of continuous stress everyone around me exhibited, following deadlines, targets and quality analysis. With all that money and fun there always hung the proverbial Damocles' sword over every one. While most seemed to continue, I found it unbearable and after taking out a loan, to everyone's dismay and disappointment I quit. Agreed, my earnings came down to less than 3rd and there were no more parties and fun, but it cannot be explained in words, the relief and joy I felt when finally I was doing my own thing. I was also sleeping well and the wrinkles and dark spots disappeared overnight. Agreed, it is not always easy to change over, but amidst all that very allopathy style suggestions that only address the symptoms, one should know that the ultimate freedom from stress lies in the total annihilation of the source. Dr. Mercola this time comes very close with his organic suggestions of 1) Take inventory, 2) Just say no and 3) schedule breaks and take time and socialize. Where as I suggest, 1) Meditate/ruminate to mark the source, 2) Take measures towards total removal of the source and 3) Change over or change base. It is not always that, one is stressed because he is sleep deprived, he is not sleeping well because he is stressed.

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## stanleybecker

Raaj - that's how you avoided your 19th nervous breakdown - I unfortunately did not at the age of 18 - stress makes some people of an emotional disposition more vulnerable to breakdown than others - however in my case my recovery made me emotionally stronger and made me aware of the dangers of allowing oneself the liberty/ danger of constant unrelenting high stress - stress was not recognized by material allopathic medicine because you could not see it - most of psychiatry is based upon the unseen - however the psychiatric remedies like shock therapy and drugs are always material - paradoxes are ignored by the little men in their white coats with full blown God Complexes that see themselves as " authorities" on "health"

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**ced3298**

almost 2 decades on the "hamster sheeple wheel" left me with autoimmune disease. My body forced what my mind would not grasp. Bottom line, most people are not taught the importance of life balance, HOW to make balance important, or how to recognize when balance is off. Balance requires constant examining, choosing and managing your priorities. Your life must be built around your priorities or the world WILL build them for you at your health's expense. Great post and video Dr Mercola. Should be required learning for everyone from teen years on.

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**njlady**

hi ced I believe the balance may start from the day you are born, and how your parents raise you. Many parents think (unconsciously perhaps) children should basically raise themselves, giving them the physical basics, but not giving them the tools to be able to accept the negatives in their lives correctly. I fear many of today's kids are growing up with no sense of right or wrong, and no common sense. I have seen mothers ask their 2 yr olds which shoes they wanted, or what they want to eat in a restaurant. Do 2 yr olds really have the mental capacities to make even these simple decisions? I noticed when they can't make the decision, they get cranky, because they feel the pressure of having to act grown up. Imagine growing up, and having to make decisions you are unprepared to make because of lack of guidance.. Making wrong choices can lead to many personality flaws (bad coping skills), which can lead to anxiety and stress, leading to disease. The simple solution would be to raise your kids with the same values and convictions as yours. Teach them right from wrong. They really don't know that unless they are taught and made to understand . Don't think they are just little people with the ability to reason and instinctively know how to deal. Hopefully, as they get older, they will be more capable of making mature decisions, and will have that "balance" that they were taught as children..

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**stanleybecker**

njlady - my huge hound which my parents bought for me three months before my birth - we were inseparable for ten years - I was called locally " the boy with the dog" as I did not mix with people - this female hound taught me a lot about right or wrong - her look always said it all to me

Posted On 06/24/2017

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**njlady**

Stanley we have all read stories where a dog has saved a child's life...what a blessing that companionship is!...

Posted On 06/24/2017

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**nao3425**

Maybe, these whippersnappers need to learn the old saying, that the start of wisdom is the ability to know the difference between knowing what you can change and what you can't., and to forget about what you can't change. Then there is the other saying about half the solution to any problem is having the RIGHT TOOL. I believe the right tool is getting rid of our elected Bull shitters, and getting some who really do what they are hired to do, which has nothing to do with "Pay to Play"

Posted On 06/24/2017

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**stoneharbor**

This is the 2nd Dr. Mercola article in a week on stress and burnout. This is a good thing! I think Dr. Mercola is on a very important subject here and the repetition and additional perspective in each article is very beneficial. Most of the audience here is quite aware of the importance of foods, water, exercise and sleep in allowing us to maintain health. And stress is another thing we are aware of, but maybe not enough aware of, in that it is an insidious consumer of our nutrients and sleep quotient, and a lurking threat to our immune system and a cause of chronic inflammation.

All it takes to cause immune system dysfunction is stress. Adrenalin and Cortisol, when released, immediately stop all the restful, restorative functions of our bodies. If you are digesting a meal and stress kicks in some hormones, your digestion stops and your body stops making internally protective materials and cells like lymphocytes. For a period of time you are, yes safer from external threats thanks to Cortisol, but more vulnerable to internal threats like pathogens, viruses, antigens and heavy metal toxins. Keep this up for weeks on end, and you have become very weak in a certain way, regardless of your still eating great food, and getting plenty of water, sleep and exercise.

One of the first signs of burnout to a person who exercises a lot is a loss of strength, or stamina. No mater what they do, they find they can't perform as well as a few weeks ago. This should be a wake up call. But if they aren't aware of stress signals, they may persist and worsen the condition. People who don't work out heavily may have a harder time recognizing the symptoms of stress building up toward burnout. This is why this article is very important. It's really helping our awareness of the dire threat of stress, and our recognition of some early warning signs.

Posted On 06/24/2017

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## **iamblessediam**

Think epigenetics.....

Posted On 06/24/2017

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## **forbiddenhealing**

And think bout pounding that sympathetic chain...and burning adrenaline/cortisol for fright/flight preparedness>>>not healing>>>you become acidic/low oxygen/low voltage until breakdown occurs..FEAR/ego at the root..weak knees/low back and colds happen>>then worse....Take back yer personal sovereignty, don't live like a bunny rabbit. How it works; [www.forbiddenhealingforum.com/.../2](http://www.forbiddenhealingforum.com/.../2)

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## **stoneharbor**

Right. Lifestyle tunes genetics, iamblessed.

Forbidden - "Don't live like a bunny rabbit" is the best thumbnail guideline for avoiding stress I've ever heard. At least where fear reactions are concerned.

There's also those people who feast on challenges. They aren't afraid at all. But they enjoy the "rush" right up until it weakens their bodily systems. The naturally "high achievers" may be the best survivors in a stressful situation, but their years are probably numbered less due to their taste for the "win". We each get to choose our poison. As iam says, we are tuning our genetics daily. If you choose a high pressure lifestyle for the pleasure of it, don't expect to live that way as long as choosing a different style. One of the reasons different countries have different average lifespans can be their mental approach. The Mediterranean Diet may have less to do with lifespan around the Mediterranean Sea than the life style does, or that compounded with genetics.

Posted On 06/24/2017

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## rrealrose

Good comments, thanks! Several nasty reactions (or blockages?) can occur w excess cortisol running through our systems for too long. Humans were not designed for long- term unabated stress, and apparently the endocrine system starts to downshift to protect the body, although this can be labeled as chronic fatigue, low thyroid, adrenal burnout - its all about preservation in the face of unmitigated pressure, whether it is internal, self-induced or applied externally. Such a wide variety of rabbits!!?

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## Epona777

My major career ended up in the Army/Army National Guard. I had been in less than a year when Desert Shield/Desert Storm happened and I went off to Saudi Arabia. With 7 vaccinations in one day leading to fever and vomiting for days, then the stress of spending 2 days on various military flights and landing in a very foreign country (especially for this New England girl) and having SCUDS fly overhead as I was preparing to move to our area north of Khobar, probably was the biggest trigger for why I have all of the issues I do today (along with the exposures I received in that deployment). My abilities to deal with stress were already compromised by the time I "left home" as I grew up in a sexually/emotionally abuse home (put in a foster home at age 17). Starting a career in the military already having PTSD was very challenging, but I do think I have come a long way and healed a lot over these years.

So as stressful as that career path was in many ways, I would say the regular job I had most recently caused me the most mental anguish/stress. A terrible manager who was often a bully and a job that required multitasking (front desk/reception). The combination of boredom when not having to jump up and deal with customers or the bully boss's requirements was actually worse for me. The psychological environment in general was of fear and over-political correctedness. I was afraid to speak half the time as I might "offend" someone, especially the boss. I reached burnout after 5 years in that job that I never came close to in the military. I left one year ago to trust that my boyfriend would cover the gap for me financially (which he has and I am so grateful). I am so better off now to be able to lead a life that flows with how my body feels for the day, I have energy to grow my garden in the summer, and I am able to create again (took up quilting that I used to do as a teen). Mentally, I am so much better off. Leaving that job last year was truly the best thing I ever did.

Posted On 06/24/2017

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## veritasoreventus

As one of our top posters, seg, has repeatedly stressed (pardon the pun) laughter is great for what ails ye..... Some people give stress, some people receive stress. When considering this dilemma - try to remember the philosophical suggestion "tis more blessed to give than to receive." lol :-)))) Have a nice day -veritas

Posted On 06/24/2017

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## iamblessediam

Your comment is the reason I've been "ranting" that Doc Mercola should do an article on laughter yoga/laughter therapy since contributing on this forum - even AARP is on board - which is saying a lot: [[www.aarp.org/health/alternative-medicine/info-11-2008/laughter\\_yoga\\_to..!4520!3!197858249914!e!!!!laughter%20therapy&ef\\_id=WU0ilAAAAxT8PA2j:20170624134118:s](http://www.aarp.org/health/alternative-medicine/info-11-2008/laughter_yoga_to..!4520!3!197858249914!e!!!!laughter%20therapy&ef_id=WU0ilAAAAxT8PA2j:20170624134118:s)]. Here's the guy that started laughter yoga in India - me thinks he understands the true purpose of the laughing Buddha: [<https://laughteryoga.org/>]. I'm always saying if a person can't learn to laugh at themselves and thoroughly enjoy doping so is driving their heart and health right into the disease dumpster! "In order to succeed in life you need a backbone - AND a funny bone!" ~ Aunty Acid - I concur;-))))))))))! Losing yourself in LAUGHTER is on sure fired way to experience love, blessings and peace - you spread those "rewards" too!

Posted On 06/24/2017

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## ced3298

It is called "Golden Handcuffs".

Posted On 06/24/2017

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## forbiddenhealing

appropriate quick read; [www.lewrockwell.com/2017/06/no\\_author/conditioning-citizens-obey/](http://www.lewrockwell.com/2017/06/no_author/conditioning-citizens-obey/)

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## **mihail**

Two million kids homeschooled in 2005? That's a hopeful bit of news!

Posted On 06/24/2017

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## **jca652041**

Though I miss my job and career, I don't miss the stress. My body fully collapsed one day from adrenal fatigue that took months to recover from. I literally had enough energy to sit on the couch and little else. It was horrible. Of course the conventional doctors diagnosed depression and were all ready to put me on all kinds of meds. Jerks. What I viewed as the main problems at my job were as people left mainly through attrition they were never replaced. Then those of us remaining never received additional training as technology changed. We'd also just been purchased and the new company forced their "methods" on us which didn't mesh well with our clients requirements making it very difficult to deliver our products on time due to all the new "policies". It was such a nightmare. After a few years, the company finally shuttered our office as we went from hugely successful to barely able to get a project. Awful.

Posted On 06/24/2017

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## **Kathyhall**

You reference Ariana Huffington's book who says that some leaders experience burnout partially because they are not connected with their inner wisdom. I see it differently. Perhaps, they aren't connected with God?

Posted On 06/24/2017

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## **stanleybecker**

well said Kathy - if their inner vision is one of Greed/ Death and Destruction - then what they fantasize about is out of touch with the human psyche - this always creates a clash between the ego and the psyche - this is an emotional war and not a unified vision at all

Posted On 06/24/2017

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## Krofter

Kathy - One and the same? I Kings 19:11-13 references "that still small voice". Is that "still small voice" God speaking to us through our inner wisdom?

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## preverror

I had exactly the same thought! I am called to Full Parish Faith Formation, and my challenge is to help people establish and/or deepen their connection with God when they are already feeling like they are maxed out and can't add one more thing to their lives, even if that "thing" is God. Many people think there is a complicated path to God that takes a lot of time and energy, when in reality Jesus says He is literally standing at the door to our hearts and souls waiting for us to open the door. He wants us to truly love Him, and thus He will never force Himself on us, but if we open our door even a crack, that is all it takes. My favorite example is a lifelong atheist who prayed, "God, I know you don't exist, but if you do, please show me." That was all it took to start him on the path to deep spiritual peace.

It is interesting that the first step once we open the door, in fact our "work," is to cooperate with God, allowing Him to gradually empty us of our selfish desires that are driving our obsessive focus on worldly success so He can fill us until we are overflowing with the joyful fire of His merciful love. This leads to loving and serving others, which is the only joy that truly satisfies, because the happiness derived from worldly success and pleasure fades quickly and leads only to more striving. When I had a heart scare, putting myself totally in God's hands was the first and most important step on the path to healing. Along with adopting the healthy lifestyle advocated by Dr Mercola, this has totally cleared out my clogged arteries, as confirmed by carotid ultrasound exams. The funny thing is that I am working harder than ever, but there is no stress because the results aren't up to me ("no worries"). May all who read Dr. Mercola's article allow God into their hearts and souls so He can lift their eyes from the false promises of the world to the eternal joy of serving others in His Kingdom!

Posted On 06/24/2017

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## forbiddenhealing

External deity or internal higher consciousness, beyond ego???

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## Chimonger

Stress is not just lately increasing...it's been seriously increasing, for decades. There are so many factors that build towards it, which have been proven problematic, yet, industries still do these things to workers...like rotating shifts; like cutting staffing to the bone on a regular basis, then looking for more ways to cut staff, &/or short-change client care. Good that Mercola is again getting the word out; work situations are likely to get worse, as A.I. takes over larger and larger areas of the workforce. It's far better to stress-proof oneself, than to try to mend the brokenness after one shatters from it.

Posted On 06/24/2017

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## totalemfsolutions

This article supports why I love camping so much...

Posted On 06/24/2017

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## Almond

So much employee frustration (burnout) comes from uncertainty in the work place. Employees are not sure of their future, their responsibilities, their skills, etc. It is not unusual for a recent college grad to just be thrown into the water with no mentoring or training about the company way of doing things. People are social creatures. Business is impersonal. "The business of business is to make money." (Good to keep in mind as a reality check. Wishing it different does not make it so .) Many people in business do not know how to run a business. Many businesses fail for lack of simple principles.

THE MOST IMPORTANT RESPONSIBILITY OF MANAGEMENT IS TO SET EMPLOYEES UP FOR SUCCESS. Hire good people and give them responsibility. They should come into a job with at least a minimal training program. Even the brightest applicant does not know the day-to-day details of how the company functions. There should be mentors for new recruits. New employees should be sent on jobs with experienced ones. Management should make sure employees have the tools and training to do the job which may be ever changing. If assembly requires 10 screws, give them 12 in case they drop one. (Time is money.) In addition, it helps to have a few employees who are "people people" as good liaisons to help everyone inside the company work together and also do PR work to meet with the public. One of our most valued workers claimed she had no skills, but excelled at PR and telephoning.

I did not ask people what they were good at--that information is included in a resume. I asked them what they "loved" to do. It was my policy to lead people where they wanted to go and use their talents to the fullest. We did not want geniuses stuffing envelopes, but looked for niche opportunities.. Do simple things well--you don't have to do give all the benefits. Take care of your people in basic ways. Don't let them feel adrift. And, make time to play as a reward and show of appreciation. Be innovative.

Posted On 06/24/2017

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## **Kithara**

Almond - I couldn't agree more. I presently have five graduates students, an undergraduate coop student, and contract employee under my charge. I spend a great deal of time in training and mentoring them. Part of that includes talking about lifestyle--health, exercise, their outside activities and research, etc. I also try to remember to thank them and express my gratitude for the work they do. I know that this makes a huge difference because I can see it in the expression of their faces when I tell them.

Posted On 06/24/2017

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## **stoneharbor**

You just described my ideal boss. One who sees the people as the most promising component in the success of a company, and therefore sees the management as the most critical component to supervise the employees wisely such that everyone has a winning, satisfying job and a great time doing it.

Posted On 06/24/2017

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## **jmiller739**

A few weeks ago I purchased a copy of Dr. Mercola's book Fat for Fuel. Based on what I've experienced since, I would personally make MMT or the Ketogenic approach a foundational strategy for burnout. Ketones are a cleaner burning fuel than glucose providing the body with more energy and less oxidative stress. These water-soluble molecules play a key role in brain health. My energy level, mental clarity and overall sense of well-being are steadily improving. Sometimes we can do little to change exogenous stress but we can take significant steps to mitigate endogenous, biological stress. I heartily endorse the book.

Posted On 06/24/2017

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## **ICONOCLAST**

Every doctor should read this book. It's a pity Ancel Keys can't read it. I wonder if he had followed his own misguided hypothesis would he have lived longer than if he didn't. I don't think so, I think he would have lived longer if he'd followed Dr Mercolas advice.

Posted On 06/24/2017

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## forbiddenhealing

J..True dat, a mind on sugar is weak.

Icon...Ancel better off now.

Posted On 06/24/2017

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## stanleybecker

"Stress: In a medical or biological context stress is a physical, mental, or emotional factor that causes bodily or mental tension. Stresses can be external (from the environment, psychological, or social situations) or internal (illness, or from a medical procedure)." - in the 60sb the culmination of stress was termed "nervous breakdown" [now "burnout?"] - stress is "pressure" - here Mick Jagger sings about his "19th Nervous Breaskdown" - [www.youtube.com/watch](http://www.youtube.com/watch) - here are the lyrics -

" You're the kind of person you meet at certain dismal, dull affairs/  
Center of a crowd, talking much too loud, running up and  
down the stairs Well, it seems to me that you have seen too much in too few years/  
And though you've tried you just can't  
hide your eyes are edged with tears You better stop, look around/  
Here it comes, here it comes, here it comes, here it comes  
Here comes your nineteenth nervous breakdown When you were a child you were a treated kind/  
But you were never brought  
up right You were always spoiled with a thousand toys but still you cried all night/  
Your mother who neglected you owes a  
million dollars tax And your father's still perfecting ways of making sealing wax/  
You better stop, look around bHere it  
comes, here it comes, here it comes, here it comes Here comes your nineteenth nervous breakdown  
Oh, who's to blame, that  
girl's just insane/ Well, nothing I do don't seem to work/ It only seems to make the matters worse.  
Oh, please You were still in  
school when you had that fool who really messed your mind/ And after that you turned your back  
on treating people kind/ On  
our first trip I tried so hard to rearrange your mind/ But after awhile I realized you were  
disarranging mine/ You better stop,  
look around Here it comes, here it comes, here it comes, here it comes Here comes your  
nineteenth nervous breakdown/ Oh,  
who's to blame, that girl's just insane/ Well, nothing I do don't seem to work It only seems  
to make matters worse

Posted On 06/24/2017

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## Almond

The reason trouble shooters do not move up is because they make the boss look good, .The boss is going to keep them close. It is an example of being defeated by your own efficiency.

Posted On 06/24/2017

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## **Epona777**

I know this all too well and was glad to leave that boss hanging when I left.

Posted On 06/24/2017

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## **katndognco**

I am totally burned out. Seven years ago I was debt free with savings; today I'm in the hole \$150k (Mortgage, Student loans, CC). I allowed myself to become blinded by the bling of The American Dream while in denial of my mortality.

Set myself to a repayment plan; debt free in 8 yrs? No worries, I can start saving for retirement afterward. Will 5 years of savings do the trick? Imao or am I-

Posted On 06/25/2017

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## **Almond**

A manager should start by hiring good people. If they are not the kind of people your competition would like to hire away from you, they are not good enough. Likewise, good employees will attract more good applicants. Your business gets that kind of reputation. Once you have good people, you need to give them responsibility and autonomy. With that comes the likelihood of some failures. This cost is part of their learning experience and you try to minimize mistakes and limit them to things that can be fixed. In the end, you will have much better employees. It is easier to train a person with a good attitude than an expert with a bad attitude.

You need the right mix of employees. When you find that mix and treat them well, they will work their hearts out for you. It is often the small things that mean more than the big things.

Posted On 06/25/2017

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## **eiggod8**

Totalemf: Thank you for the links. I expect that knowing what the military, in collusion with corporations/legislators, has developed in the 40 years since this information was printed would be staggering

Posted On 06/24/2017

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## Guillermou

In these reviews the evidence supports the idea that acute and chronic stressors influence various aspects of mitochondrial biology and that chronic exposure to stress can lead to molecular and functional recalibrations between mitochondria. Findings resulting from psychosomatic medicine, psychoneuroimmunology, and psychoneuroendocrinology have demonstrated that psychosocial experiences and life exposures influence subcellular processes, including immune activation/suppression, oncogenic behavior, regulation of gene expression, telomere maintenance and epigenetic processes.

In addition to energy production, mitochondria perform multiple essential functions that influence gene expression within the cell nucleus and physiological regulation throughout the organism. In particular, mitochondria are the main producers of reactive oxygen species (ROS) within the cell, which perform signaling and other life-sustaining functions at low levels, but can cause oxidative stress when they overcome defense mechanisms. antioxidants, play a key role in neurodegenerative processes and in the pathophysiology of stress.

Stress and aging, namely cellular metabolic activity, DNA damage, telomere length, cellular senescence and inflammatory response patterns. Mitochondrial function and dynamics have been implicated in many different aspects of social behavior, as well as behavioral changes related to anxiety and stress. However, mitochondrial changes could be i) a primary driving force of variation in social behavior, or rather ii) a secondary effect of another underlying (neuro)biological difference,

Posted On 04/06/2024

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## Guillermou

A decrease in systemic NAD<sup>+</sup> levels is a crucial factor in the deterioration of the organism in aging and in conditions such as diabetes and obesity, non-alcoholic fatty liver disease, kidney injury, impaired renal muscle function and sarcopenia, glaucoma, ischemia injury -reperfusion, vascular dysfunction, cognitive impairment There is evidence to support that mitochondrial function/dysfunction mediates the relationship between prenatal and postnatal stress and neurodevelopmental outcomes in infants. There are links between preserved functioning of these neural systems under stress and neuroplasticity, immunoregulation, composition of the gut microbiome and the integrity of the intestinal barrier and the blood-brain barrier.

Chronic stress is recognized for its comprehensive impact on various aspects of physical and mental health, including cardiovascular well-being, immune system function, cognitive performance, sleep quality, and overall quality of life. Table A2 of the last link examines the relationship between chronic stress (CSI) and various occupations. Table 5 presents a comprehensive analysis of socioeconomic/behavioral and health-related variables in relation to CSI Indicator risk.

A key socioeconomic and behavioral observation is the notable disparity in CSI risk

[www.ncbi.nlm.nih.gov/.../PMC5901654](http://www.ncbi.nlm.nih.gov/.../PMC5901654) (2018).----

[www.annualreviews.org/doi/abs/10.1146/annurev-publhealth-040119-094239](http://www.annualreviews.org/doi/abs/10.1146/annurev-publhealth-040119-094239) (2020) .----

[www.scie.ncedirect.com/.../S1568163721002543](http://www.scie.ncedirect.com/.../S1568163721002543) (2022).--- [karger.com/.../835327](http://karger.com/.../835327) (2022).--

[www.sciencedirect.com/.../S0889159122001477](http://www.sciencedirect.com/.../S0889159122001477) (2022) [www.nature.com/.../s43587-022-00191-2](http://www.nature.com/.../s43587-022-00191-2)

(2022).--- [www.sciencedirect.com/.../S0959438822001696](http://www.sciencedirect.com/.../S0959438822001696) (2023) [europepmc.org/.../38483288](http://europepmc.org/.../38483288)

(2024).-- [www.mdpi.com/.../302](http://www.mdpi.com/.../302) (2024).--

Posted On 04/06/2024

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## Almond

Stress is not necessarily bad. I believe burnout from stress is more common among people who feel they do not have control of their lives. A person can thrive on stress--if it is the right kind of stress. For example, working hard to achieve goals or on a project they are passionate about. (Obviously, I am not speaking of destroying health by working oneself to death.) Much, not only has to do with your attitude, but also realizing whether you have found your path in life--and having clear cut goals with a schedule of steps to reach them. Feeling like you have no control and are unwillingly submitting to others is discouraging. So is having to do a job that you do not have the skills for, do not understand and do not have mentors. Maybe stress is our body telling us it is time for a change... to refocus and redefine our goals.

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## Guillermou

Also consider adrenal fatigue. Basically it says that the adrenal glands go through a progressive stress response in this way:--- 1.Alarm reaction of the body's initial response to stress. It is typically characterized by elevated levels of cortisol.--- 2.Endurance If stress is prolonged, the adrenal glands will begin to become more "fatigued" and will therefore use other hormones (i.e. pregnenolone) to help release cortisol. DHEA levels may be low, which can negatively affect testosterone levels.--- 3.Exhaustion This final stage is typically characterized by low adrenal function, with low cortisol and DHEA levels.

This phase is what most people refer to as "adrenal fatigue."---- However, the model is more complex. The new model is seen in the interconnection of neurotransmitters, hormones, and the immune system. But first, let's look at some problems that can arise with the HPA axis. High Cortisol can be a real problem, especially with regards to getting results in the gym. A summary of the negative impacts of elevated cortisol includes:---- 1. Suppression of TSH, decreased conversion of T4 to T3, increased reverse T3 (rT3) production and decreased binding to the cellular thyroid receptor.

--- 2. Increased blood glucose levels.--- 3. Suppressed pituitary function, leading to low luteinizing hormone and low testosterone. 4. Decreased liver detoxification.--- 5. Suppressed secretory IgA, increasing the potential for intestinal inflammation, infection and permeability.--- 6. Decreased immune system function, leading to increased risk of infection. 7. Insomnia.--- 8. Neurodegenerative disorders, including degradation of the blood-brain barrier and destruction of the hippocampus.

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## Guillermou

Cortisol should be highest in the morning and lowest at night. However, an inverted rhythm can result in:--- 1. learning and memory problems. (Neuroendocrinologists are using circadian cortisol rhythm as an early biomarker for Alzheimer's disease.)--- 2. Insomnia and difficulties.---- The function of the adrenal gland and the release of cortisol is a coordination of three different structures in the brain:--- 1.Hippocampus Within the temporal lobe of the brain, the hippocampus regulates the circadian rhythm of the hypothalamic-pituitary-adrenal (HPA) axis.---- 2.Mesencephalic reticular formation (MRF) Within the brainstem itself, the MRF is responsible for promoting a sympathetic response in the body.

It does this through excitation of the intermedial-lateral column (IML) cell in the spinal cord, which stimulates the adrenal medulla to release epinephrine and norepinephrine.--- 3.Hypothalamus There are a series of nuclei within the hypothalamus, one of which is called the paraventricular nucleus (PVN). The PVN of the hypothalamus receives a variety of inputs that ultimately result in the secretion or suppression of cortisol by the adrenal glands---- [www.askdrray.com/heart-health-improves-with-hormone-replacement/](http://www.askdrray.com/heart-health-improves-with-hormone-replacement/).---- [onlinelibrary.wiley.com/.../clc.22891](http://onlinelibrary.wiley.com/.../clc.22891).--- [www.sciencedirect.com/science/article/pii/S001502821732112X](http://www.sciencedirect.com/science/article/pii/S001502821732112X).---- [www.ingentaconnect.com/content/wk/gme/2018/00000025/00000001/art00005...](http://www.ingentaconnect.com/content/wk/gme/2018/00000025/00000001/art00005...) [www.lifeextension.com/Protocols/Metabolic-Health/Dhea-Restoration/Page..](http://www.lifeextension.com/Protocols/Metabolic-Health/Dhea-Restoration/Page..)

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