

CAN STRESS + GRIEF + EMOTIONAL OUTBURSTS LEAD TO DEATH

Abalinx - Peter Adamis - 26 February 2015



How many times have we heard couples argue? How many times have we witnessed workplace injustices? How many times we read of domestic violence? How many times do we hear or read of the outcomes of such human induced and created environments? Questions, questions and more questions that cry out to be answered and why do we as humans fall into one or two of the above categories.

Some may argue that a disagreement or enlargement is healthy in order to clear the air, similar to a safety valve on a cooking appliance. Then we have the passive balloon induced stress environment where all the stressors, grief's and unresolved discussions are bottled up within the balloon like hot air just waiting for someone to come along and press a pin against it or the balloon exploding from the many stresses it contains. These are visual conceptions and at best describe some situations.

ARTICLE. This is an interesting article that I am sure we have always suspected but never been able to prove it. Anger, stress and grief can lead to a heart attack and severe emotional illnesses. (visit <http://www.abc.net.au/am/content/2015/s4186499.htm>)

During my studies at university, we found that there were links to emotional outburst brought about by stress related triggers that created chemical imbalances within the body. Psychiatrists and psychologists will tell you the same thing but it is in the workplace and in the home environment that such emotional outburst cause the most harm - hence domestic violence.

What is the answer then? Are workplaces designed to cater for such environment and if not why not. Surely the well being of its manpower is paramount. The domestic environment is another deadly cocktail where arguments brought home from an external

force can explode and cause grief and destruction. A destruction which often invites law enforcement agencies who may not always have the knowledge and experience when intervention is required to handle such matters and unfortunately lead to deadly outcomes.

I wonder therefore if our actions can lead to such violent ends whether we as a species can stop and reflect upon our lives at any given moment and cease creating or be placed in environments that lead to unfortunate circumstances. My advice to readers is to truly reflect on your upbringing and unravel the mysteries of the past paradigms and test whether they are truly beneficial to one's health and well being. Having done so will bring about a new dawn knowing that you have acknowledged that some of those past paradigms have not passed the test of time.

These are but random thoughts that I have written after reading the article below. (visit <http://www.abc.net.au/am/content/2015/s4186499.htm>) I too have reflected on life and realised that I have lived a very angry and aggressive lifestyle based on my own fears of the past. I am 65 years old next month and I wish to be around for some time yet contributing to the world as we know it. To do this, I like many others must go through this metamorphosis in order to extricate myself from this cocoon of the past. I don't believe that it is an easy transition, but it is a reflective and healthy enterprise that each one of us must face sooner or later.



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