

Stress - It's a boy thing

by Neville White 23.11.05

Bad news: men are suffering more stress than ever before. But the good news is, we're getting help and learning how to deal with it.

Why do we men find it so hard to talk about our problems?

Why do we think that admitting we've got problems means that we've failed?

Why do we believe that we should be able to handle everything on our own?

Not talking about our problems and seeking help is costing us men our quality of life if not our lives themselves.

In 2000 Channel 4 screened a documentary about stress in Japanese society. It blamed rising unemployment and business failure for the rise of suicides by top business executives, where, in Japanese culture, suicide is often considered to be an 'honourable act'. 70% of its suicides were by men, half of which were in their 40s and 50s. In addition, they reckoned that stress and long hours at work were responsible for 50 000 premature deaths from stroke and heart disease.

Fortunately we're not living in this 'honourable death' culture here in the UK, but it would appear the shame men feel at admitting their problems is preventing them finding a solution.

20 years ago we worked a 9.00-5.00 day; people took lunch breaks and had job security. Now we work the longest hours in Europe, jobs are never for life and most families have two working parents. 38% of the 2.7 million claiming incapacity benefit are blaming 'a mental and behavioural' disorder (roughly double the number citing back pain as the reason for not working.)

According to the Office for National Statistics, three times more men than women in the UK commit suicide, and increasingly it's young men aged 25-34 who fall victim to feelings of hopelessness and zero self-worth in work cultures run not on praise and reward, but on fault-finding and negative feedback.

These days there are countless opportunities to get effective help. Your GP will direct you or if you prefer, you can easily find your own counsellor, life-coach or hypnotherapist to name but a few services available. In our society it's becoming increasingly acceptable to employ a professional to get back on track. Interestingly, according to Lysette Offley, speaking for Sounds Positive Hypnotherapy, in Henley on Thames, it's very often men, these days, even more than women who recognise the benefits of having a personal therapist and deal with the problem at hand.

But if you don't want to speak to someone you can still use very effective hypnotherapy products at home, such as Stressless from Sounds Positive, to teach you to relax and deal with life's challenges.

Stressless consists of 2 audio tracks and also written material (all instantly downloadable from the Sounds Positive website) which use hypnotherapy, EFT and NLP to train you to relax and not get stressed. It also uses techniques to make you feel consistently confident and powerful. Sounds Positive's technology does all this for you while you enjoy feeling very relaxed and peaceful.

The message is that it's essential to get help and get back control of your life before the problem gets too big to handle.

Don't let the problem get any worse. Learn how to stay relaxed and cope in any stressful situation. Get Sounds Positive's Stressless.

For more information visit: <http://www.soundspositive.com>

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