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abcd24. The Essence of Attitude, the Search Continues

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An Essay on Why Social Relationships May Suffer

What is it that allows a person in a great deal in stress to cope? How is it that a person can lose all their savings, most of their recreation activities, car, business, cable TV, telephone, and even their house, but still have a fairly good social disposition? Even though no crime was committed and these things befall them, some people remain sociable. How do we find what the key is? We may not be able to find it in the end, but we may be able to come close.

Some people are able to maintain a sort of philosophical stance even in the light of great diversity. The rationalization process ends up at the crux, "Even in the worst case scenario my country is still a good place to live." The social net is there. It will just take a new way of living. It will take a process of giving up material things taken for granted before the 'fall'.

Maintaining a 'coping-head-place' until things turn around is important. The belief that they will turn around, is integral to the coping process for it initiates the Hope Response. (See the article Hope Response)

Nutrition in a state of stress is most important. Ensuring that the body is not depleted while the mind goes through this unnatural tumultuous stress, is a necessity for effective coping. Poor nutrition launches the body into a survival mode. Physiological mechanisms kick in that bring the mind to more aggressive thoughts probably with the hope of motivating the body to get out and find food. These aggressive thoughts may often be more violent thoughts unrelated to the acts of survival. Allowing the body to be depleted by failing to consume adequate nutrition can send the mind over the edge and into oblivion. This is very easy to do when stress sends one into depressive starvation. Good nutrition is not the topic of this essay, but rather it is about finding the key essence of maintaining social balance in extreme stress.

Social contact is necessary, of course, but brief periods of recluse may be allowed. Knowing when to kick out of that self imposed loneliness can be tricky sometimes. Friends can be of some help, but first a person has to want to help themselves get out of the house. Getting out of the house is not the essence we are looking for. We need to delve into the mind set that protects one in extreme stress. We will not pursue the physiological roles of stress hormones here, but leave that to the physiologists and psychologists who study it in depth. What we will delve into is the protective screen that can be thrown up as a tarp over the load of life.

A person may elect to philosophize most everything that happens. This may come across as a no-care attitude. Indeed, it is, in fact, a defacto no care attitude that is protective. If this remains for a considerable time, it can become ingrained. When this happens, it can come across in the family setting and the relationship setting. Turning off the coping mechanism that has become unconscious is very difficult. How do you turn off something that you don't know is there? How do you turn it back on again when it is needed shortly down the road? The coping skill of 'nonchalance' can be a nemesis leading to difficulty throwing off the rags of tortured, twisted, and tangled turbulence.

Patience and understanding are not always readily available in the surrounding social scene. Others have their own battles-in-the-night to fight. When confronted with an incongruous social surrounding, which seems to sneak up on one like a thief in the night trying to steal what little social grace is left, a rebound back into the depths of imperturbability, is most welcome. The protective mantle of 'okay-so-what' belies the sanguine exterior.

Where is the key in all this? Where is the essence? That essence would be surely centred in one's core attitudes on right and wrong. Is revenge really necessary? Will, battles in the black of night, flailing away in the recesses of the mind during our repose, fade away into an oblivious sea of dulling time? Or more succinctly, will our sang-froid doom us to wallow in the pit of loneliness for one more cycle of whatever it is that is cycling?

It is our choice to move on or stay and linger while wallowing in the bathing warmth of our despair. The tragedy is some relationships are lost at sea due to the elements, rather than individual intentional folly.

A person judges the reaction of another by gauging the observed behaviour against what they want for themselves. The significant other's tarpon over their particular load in life can cloud their perception of the partner's coping skills. This leads inevitably to misunderstanding, then double misunderstanding, and then crash-boom. For a relationship to work over a long period of time, each person in the relationship must want the same goals.

When the needs of each party are different and not really being fulfilled by the other, then separation is as inevitable as the fog that pervades the Moore. Burning away that fog sometimes reveals that each person is on a separate course not to be intertwined. Each will be left with their own load, each with their own tarpon, and each with their own attitude/perspective.

When you can't get what you want, what do you do? Ah, we are now approaching closer to the essence. Behaviours when you are 'down', but not quite out, are what separates the successes from the failures, the crash and burn people, so to speak. Behaviour means doing something physically. The essence lies in the attitude of the behaviour. The behaviour is what you do physically, and the attitude is the mental state you exhibit while you are doing it.

Each person should strive to slow down and not make snap decisions that affect their lives in major ways. Taking it easy and using TIME as a tool to smooth out the ripples in life, can go a

long way toward avoiding the huge tidal waves of destruction that may well up when snap decisions are rattled off in emotional frenzies.

People who have trained themselves to have some level of control of their emotions will fair better than those with no control at all. People with a social net of family or friends to fall back on when stress gets very difficult to handle will also fair better. The overriding attitude is to hold on, slow down, and just let time settle the erupting emotions. It can do wonders. Establishing a plan of action to deal with the problem will do the rest, begging the climb out of the depths back into the shining light of happiness and comfort. Maybe someone can make some sense of this. The secrets are all there. We just have to find them.

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