

**How stress destroys
productivity**



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So now, why do we lose sight of our purpose? Why do we lose sight of our vision? Why do we make the wrong choices? Why do we say we're going to do something, and all of a sudden, we do something else?

And the number one reason is called stress.

And when you see a predator in your life like a lion or a cougar.

You turn on a primitive nervous system *called the fight-or-flight nervous system.*

The moment you turn on that fight-or-flight nervous system you are going to mobilize enormous amounts of energy to prepare yourself for some threat in your external environment.

This is pretty adaptive. If you're being chased by a lion you better have the energy.



So, when that happens, you're moved out of balance your pupils dilate, your salivary juices shut off, your respiratory rate changes, your heart rate changes, and blood is sent to your extremities, and *you're either going to run fight or hide.*

Those are your three options, run away, fight back or freeze and hide.

That's what people do. But what if it's not a lion?

What if it's your mother-in-law?

And if you've had some tough experiences with your mother-in-law, **did you know that you react to your mother-in-law just like she was a lion?**

Now, what was once highly adaptive is now very maladaptive.



Because as you see the co-worker as you respond to the news as you make a judgment *as you get angry* you are turning on the same system as if you are being chased by a predator.

And you are moving your brain and body out of balance.

And *the definition of stress is when your body moves out of balance.*

And all organisms in nature can tolerate **short-term stress.**

The zebra gets chased by the lion, the zebra sees the lion mobilizes all this energy and now it escapes the lion.

Fifteen minutes later, it goes back to grazing and the event is over, and the body returns back to homeostasis.



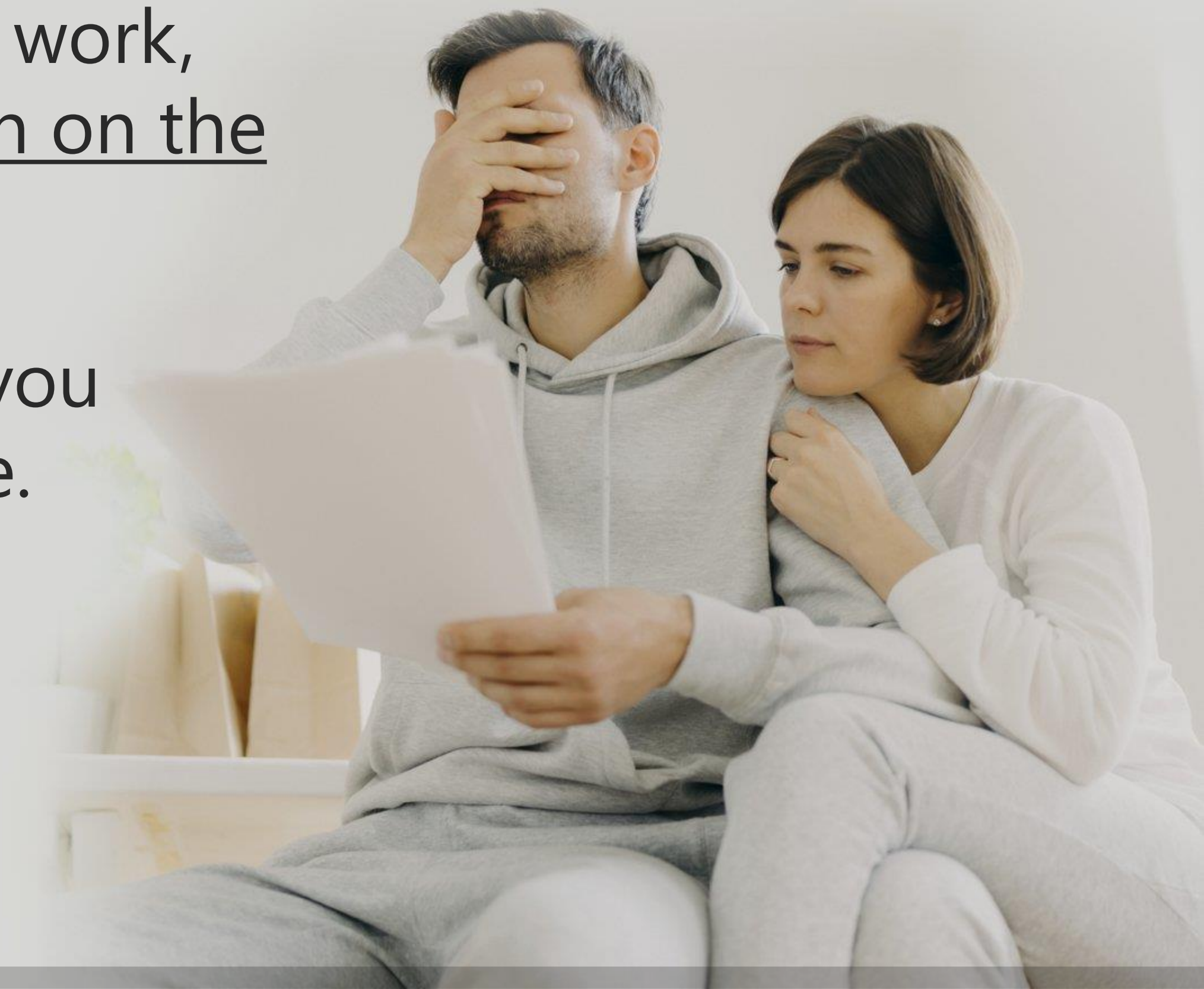
But human beings...

We can turn on the stress response just by thought alone.

Bills are adding up, rent is overdue, problems at work, and as you think about those problems, you turn on the stress response just by thought alone.

And when you turn on the stress response and you can't turn it off you are headed for some disease.

Because *no organism in nature can live in emergency mode for extended periods of time and expect to function healthily.*



So then, reason this...

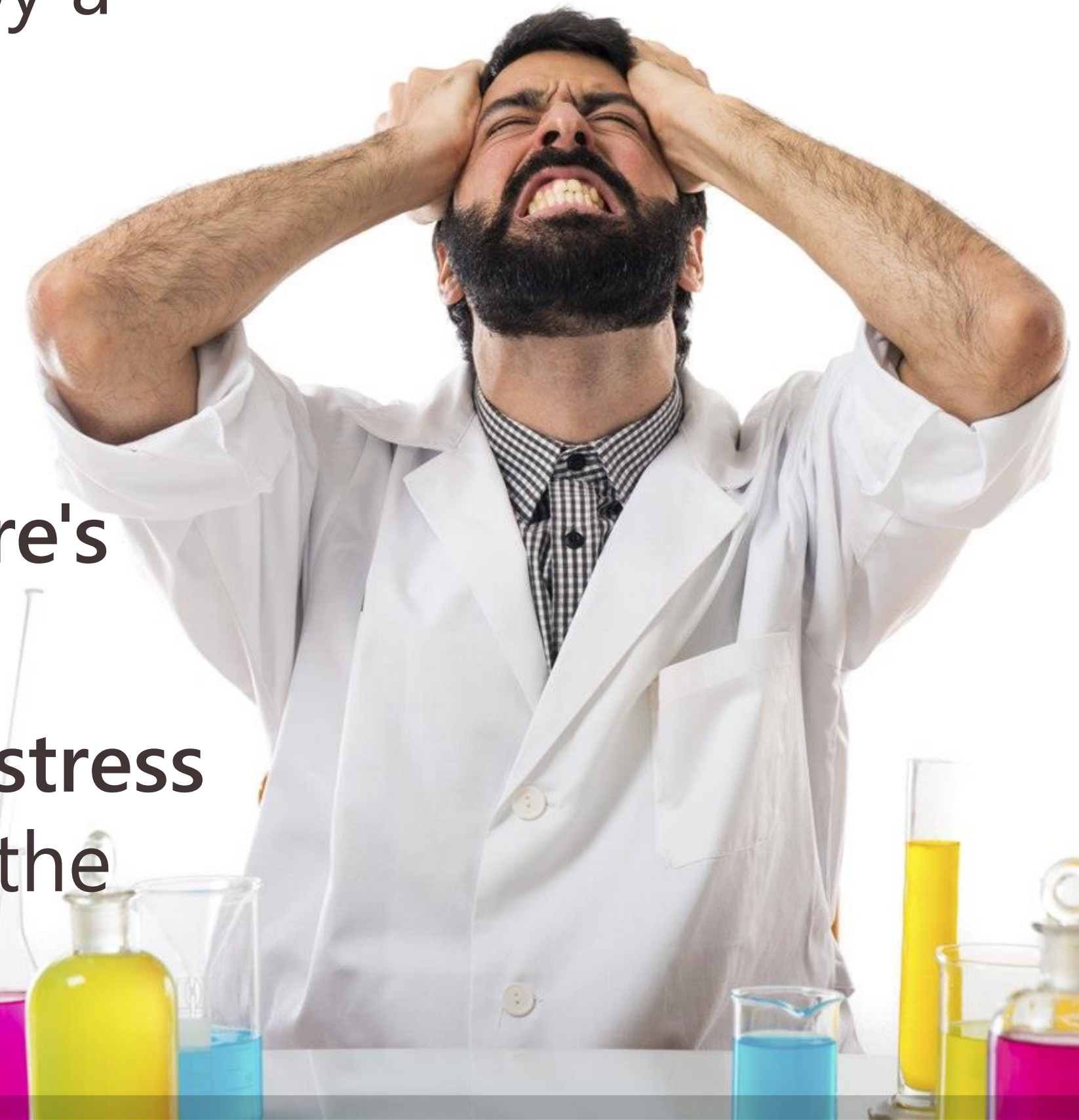
The scientific facts are that **70% of the time people are living in stress, *and when you live in stress, it's not a time to create.***

When you live in stress it's not a time to be defined by a vision of the future.

When you live in stress it's not a time to go within or to learn.

When you live in stress all of your attention is on the outer world, and not on the inner world **because there's danger out there.**

And so, **people stop creating when they're living in stress** and now they are viewing their life through a lens of the past, and they lose sight of where they are going.



So we live in two states of mind...

Our animal nature is to live in survival and to live in stress, and the chemicals of stress are highly addictive.

Fear, anger, hostility, violence, anxiety, insecurity, guilt, shame, sadness, unworthiness, depression. *They're all created from the hormones of stress.*

When people live by this state, they use the problems and conditions in their life to reaffirm the addiction to that emotion.

They need it so they can get the rush of adrenaline, and this is why it's so hard to change.

Because it is a scientific fact that the long-term effects of the hormones of stress push the genetic buttons and create disease.

And I just said you can turn on the stress response just by thought alone.

That means your thoughts can make you sick.

So, if your thoughts could make you sick, *is it possible that your thoughts could make you well?*

That's what our research is about.

And, *if you know that the hormones of stress are highly addictive and you can turn on the stress response just by thought alone, you can become addicted to your own thoughts.*

This is why change is so hard.

Because people cling to those emotions *because it makes them feel something.*

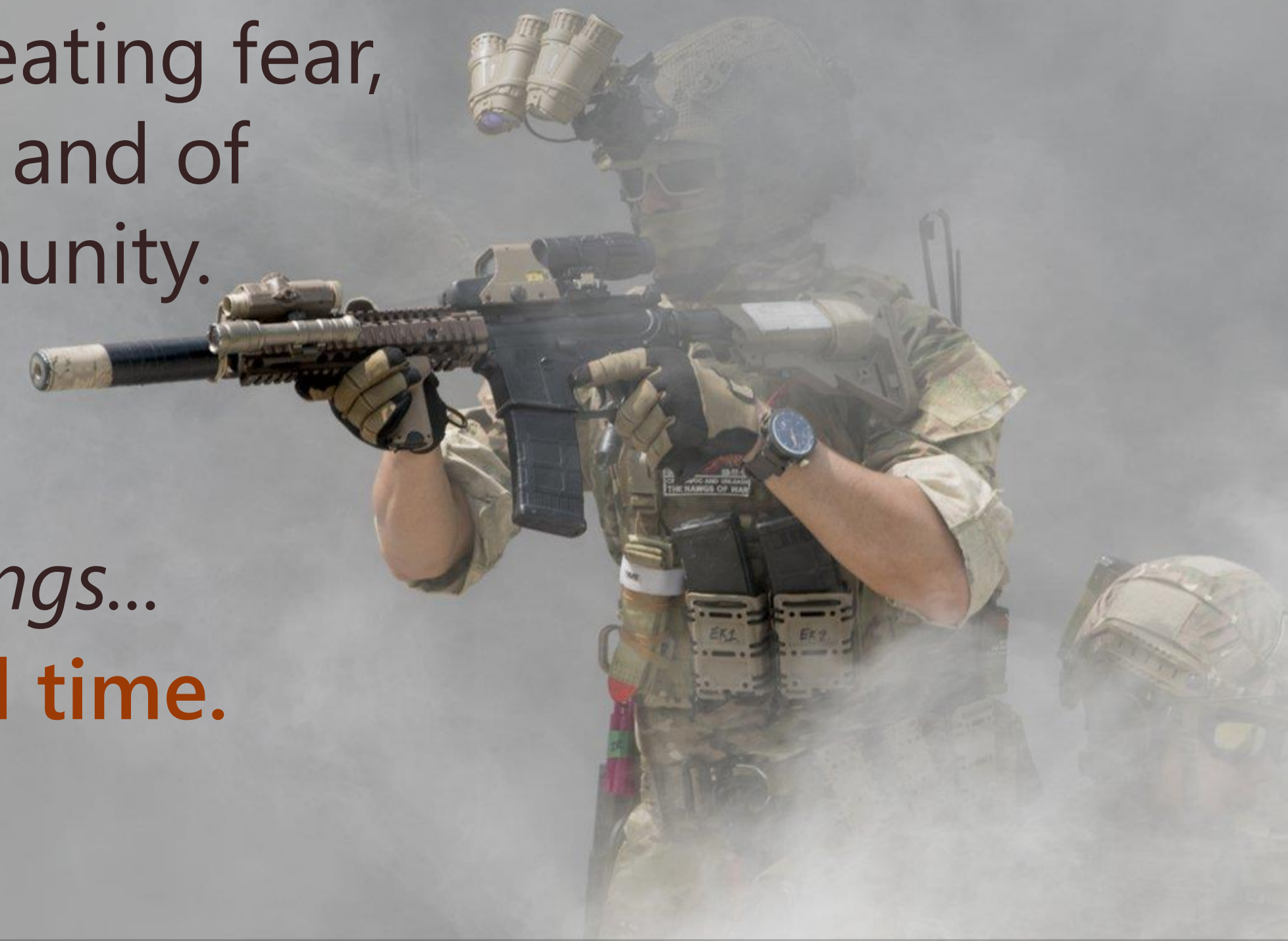


So, living in survival is living in stress it's being in what's called catabolism or tissue breakdown, there's disease, there's imbalance, there's degeneration, the emotions of fear and anger, and sadness. People tend to be selfish when they live by the hormones of stress, *because when you're under stress you've got to take care of yourself.*

So keep putting things bad on the news, keep creating fear, keep showing war, keep people feeling less than, and of course, they'll stay selfish and never create community.

It's a great way to control people.

*When you're living in stress you focus on three things...
everything in your environment, your body, and time.*



Because, *if you're being chased by a lion, you're gonna put your attention on your body, you're gonna become aware of where you're gonna run in your environment, and you're gonna think about how much time you have.*

If you live by *the body the environment and time* you are not being defined by a vision because a vision has nothing to do with your body, the environment, and time. **It has to do with a thought.**

So then, you're in emergency mode, you'll get very object focused, you'll focus on something over, and over, again. How many people have problems and you keep thinking about your problems over and over again, over and over again?



That's how survival works in the brain; *you keep focused on your problems.*

You feel separate from possibility, you define reality with your senses, you're living by cause-and-effect, you don't see any possibilities, of course, you are really your brain and heart or incoherent. We've measured this thousands of times.

In other words, *when you are impatient, and you're frustrated and you're angry your brain gets out of balance.*

When your brain gets incoherent, you get incoherent.

When you're impatient and frustrated, your heart gets incoherent.



When you feel love and gratitude *your heart gets coherent.*

When you feel love and gratitude *your brain gets coherent.*

So then, people in emergency mode focus on knowns. They don't want the unknown, the unknown is dangerous. They want knowns and familiar.

They lose their vision. The divine aspect of ourselves is the creative aspect of ourselves. That's when the body moves into homeostasis; we go from contraction to expansion.

There's an ablution, there's "body repairs itself", there's order, there's health, there's regeneration, the elevated emotions of love, joy, of trust, of knowingness, of gratitude. They begin to produce...

thirteen-hundred new chemicals that begin to *heal the immune system.*



The hormones of stress produce **1,200 chemicals** that last for 90 seconds to two minutes *that alters how we think and feel.*

But, isn't your definition of an addiction something you can't stop?

So, if I said hey, I know you're really angry but why don't you stop? If you can't stop your anger, then you're addicted.

Valid or not, justified or not, *if you can't stop your sadness then you must be addicted to those chemicals.*

But those chemicals only last for 90 seconds to two minutes.

Which means I tell my kids this all the time, well they're older but when they were younger, "If you're angry for more than two minutes, you're faking it."





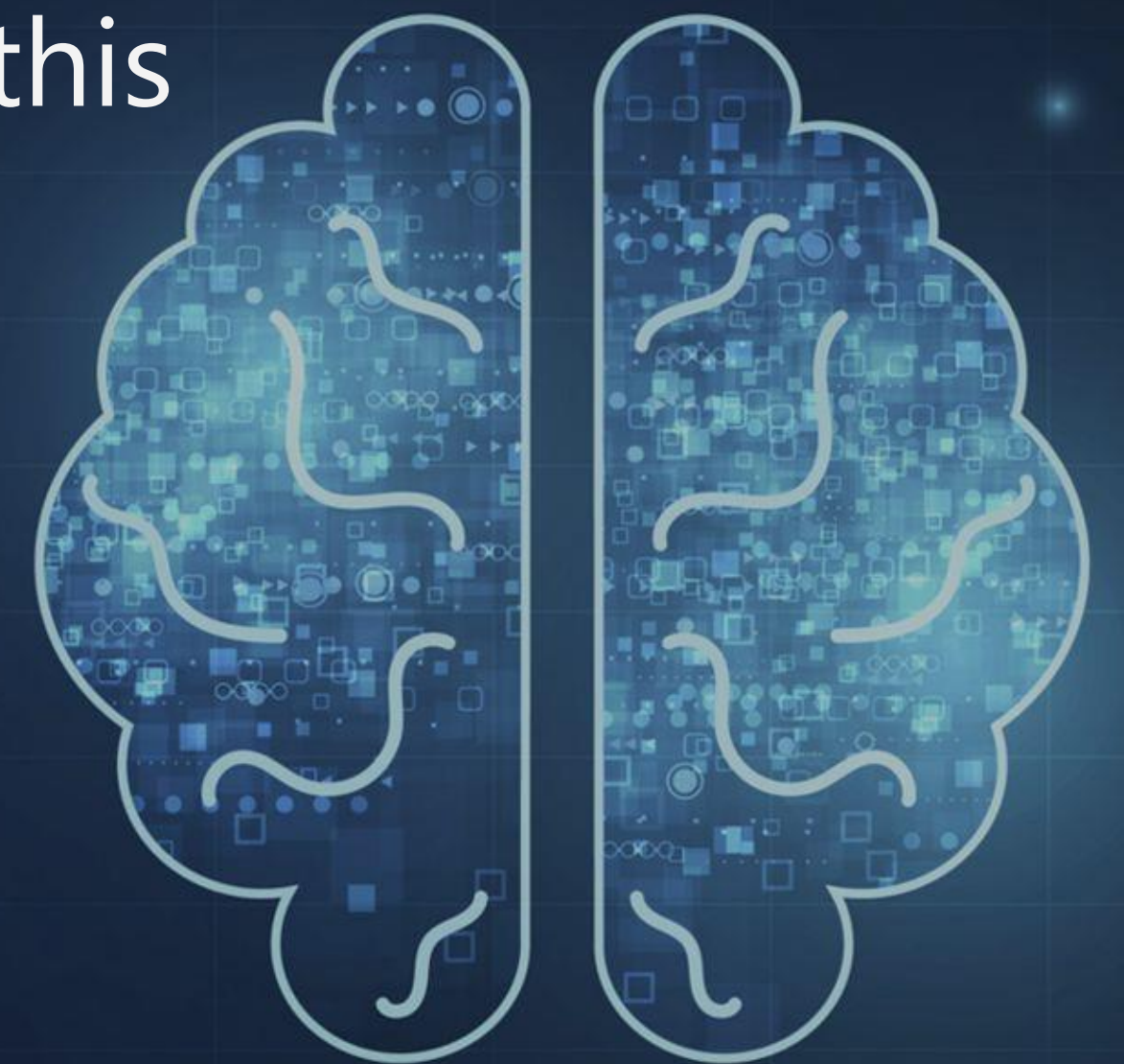
So, when you open your heart, you're selfless. *When you're in that creative state you're not defined by things, you're not defined by your body, you're not defined by time.* We know this we've studied it in the brain thousands of times.

A creative person forgets that they even have a body.

They forget about the things and people in their life. They forget about time. They're in the creative state.

And my definition of creation is when you forget about yourself.

You go from selfish to selfless and that's when you're at your best. We've proved it thousands of times.



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