Are you too B.U.S.Y. – Brain-Heart health

https://www.youtube.com/watch?v=RW2iwJ05-5o&feature=youtu.be

Currently, Hypertension Society guidelines do not acknowledge emotional stress as probable cause for hypertension. The odds that a busy stressful life and taxing environmental factors might increase hypervigilance and disturb blood pressure control by the brain, are thus largely ignored.\(^1\)\(^-\)\(^2\)\(^\text{0}\) Stress-response pathway regulation and behavioural factors are instrumental to cope with a taxing environment. Evidence-based research showed that we are working longer hours\(^2\)^\(^1\) with fewer real-life supportive relationships.\(^1\)\(^-\)\(^2\)\(^4\) Preferences for addictive substances, highly palatable foods and increases drug/food craving and intake increase in a taxing demanding environment or during emotional stress.\(^2\)\(^5\)\(^-\)\(^2\)\(^9\) Changed dietary patterns may thus not be aligned with the intake of essential food substances necessary to synthesize chemical substances in the brain. These essential substances are needed to improve physical and emotional well-being.\(^2\)\(^7\)\(^-\)\(^3\)\(^0\) Being too busy and having less time to reflect, might impair problem solving and recognition of healthy boundaries.\(^3\)\(^1\)\(^-\)\(^4\)\(^0\) Less tolerance and more conflict ultimately may exhaust our physical and emotional resources, and induce depression.\(^4\)\(^,\)\(^1\)\(^2\)\(^,\)\(^2\)\(^7\)\(^-\)\(^3\)\(^0\) Indeed, we have showed that chronic depression is associated with compensatory increases in blood pressure as well as with a stroke risk marker in the eyes.\(^2\) Lastly, coping with stress in an over demanding life needs to be considered as probable cause for disease outcomes especially hypertension.\(^1\)\(^-\)\(^2\)\(^0\) Everyone needs to reflect on their health and on how to improve priorities in a conflict-ridden environment.\(^3\)\(^4\)\(^-\)\(^4\)\(^0\) In Africa, we can start by appointing school counsellors, where we can strengthen young children’s boundaries and on acquiring healthy coping styles and lifestyle behaviours.

REFERENCES


