

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 or defensiveness and disturb blood pressure control by the brain, are thus largely ignored.¹⁻²¹ Stress responses and behavioural factors are instrumental in coping with a taxing environment.¹⁻²³ Indeed, evidence-based research showed that we are working longer hours²⁴ with fewer real-life supportive relationships.^{1-21,25-27} A taxing environment or emotional distress also relates to increased preferences for addictive substances, highly palatable foods, drug/food craving and intake.²⁸ 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 food substances are needed to improve physical and emotional well-being.²⁹⁻³³ Being too busy and having less time to reflect, will impair effective coping and to recognize healthy boundaries.³⁴⁻⁴⁰ Ultimately, ineffective coping, less tolerance and more conflict may exhaust our physical and emotional resources.³⁵⁻⁴⁰ Indeed, chronic neural or emotional fatigue was related to poorer health as well as stroke risk.³

Therefore, chronic defensiveness and ineffective coping in an over demanding life needs to be considered as probable cause for cardiometabolic diseases.¹⁻²¹ Everyone needs to reflect on their health and on how to prioritize in a too busy and conflict-ridden environment,¹ as a positive outlook on life will increase effective coping and give us hope.³⁵⁻⁴¹

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