Living Stress



What is Living Stress?

One of the biggest side effects of modern life is stress and consequent ill health. Stress at work, stressful relationships, traffic jams, frenetic social lives and poor eating habits are only some of the pressures your body and mind are subjected to. Many people do not realise that the indoor environments they live and work in can also affect their physical and psychological health with mostly unnoticed and insidious irritants. This we call *Living Stress*.

Most people spend 90% or more of their time indoors. Even someone who works outside all day could still be indoors at least 50% of the time. With this amount of time spent in essentially very few different places, it is important that these spaces do not adversely affect your health and spirits.

What Causes Living Stress?

Physical stresses are caused by:

- Use of products with chemical content;
- Pollutants in the air such as dust, chemicals, fibres, bacteria or viruses;
- Inadequate fresh air;
- Change in atmospheric pressure;
- Temperatures being too hot or cold;
- Temperatures being too varied or too constant;
- The air being warmed rather than the surfaces;
- The air being too dry;
- The surfaces being too damp and thus growing mould;
- Accumulation of radioactive gas, or use of radioactive materials;
- Places being built on sites of geological disturbance;
- The natural electro-climate being blocked or distorted by modern building materials;
- Interference from man-made electro-magnetic fields;
- Static charge build-up from synthetic materials, and positive ion build-up from electrical appliances and synthetic surfaces;
- The blocking out of all ultra-violet light, including more beneficial rays;
- Artificial lighting.

Psychological stresses are caused by:

- Inappropriate use of colour;
- Lack of natural light;
- Lack of outlook and connection to outdoors;
- Unwanted noise;
- High density populations and close proximity of neighbours;
- Long travel between life activities – living, working, shopping, family and friends, and entertainment.

Creating a healthy, stress-free background to your living and working activities enables you to enjoy life with more vitality and enthusiasm, and cope with any other crises much more easily.