

How to tell if you're living with 'quiet stress'

The term "quiet stress" is gathering pace among experts, who say it's an often overlooked form of the more widely known version, which is characterised by visible outbursts: **fraying** tempers, **swearing**, shouting, and anger.

fray 烦躁; 紧张

swear 发誓; 咒骂

"We quietly hold our stress within: we don't speak up about how we feel. And crucially, we become **inert**. We stay in unhappy relationships and **unfulfilling** jobs. We feel overwhelmed, yet ignore important admin tasks. Quiet stress creates a form of emotional **paralysis** that keeps us 'stuck' in unhappy situations," says Jillian Lavender, who runs the London **Meditation** Centre.

inert 惰性的; 不活泼的

unfulfilling 不称心的

paralysis 麻痹; 无力

meditation 冥想; 沉思

Cary Cooper, a professor of psychology and health at the University of Manchester, **likens** the effects of quiet stress to shrapnel: "You can learn to quieten your stress responses, but eventually the stress will emerge: as well as a suppressed immune system, you may withdraw socially, isolate yourself and begin to engage in unhealthy habits like comfort eating or drinking too much. Despite getting a bad **rap** over the years, expressing anger or frustration is far healthier than smiling sweetly while feeling quietly stressed."

liken 类比

rap 指责; 名声

A recent study from Stanford University in the US backs this theory up. The researchers found that seeing stress as a helpful part of dealing with life's challenges, rather than as something to be avoided, was associated with better health, emotional wellbeing and productivity at work.

"Stress isn't always harmful," said Kelly McGonigal, a business school lecturer at Stanford who worked on the study. "Once you appreciate that going through stress makes you better at it, it can be easier to face each new challenge."