

# Stress: A Non-Specific Source of Pain

|                                | OLD STRESS                         | NEW STRESS                                   | ANTIDOTES                                   | PRINCIPAL STRATEGIES  |
|--------------------------------|------------------------------------|--|---|---|
| <b>Population Growth:</b>      | Crowding, lines, waits             | Environmental and aesthetic degradation      | Become a contrarian; accept the reality     | Avoid traversing with the masses; stay off the road               |
| <b>Information/Technology:</b> | Deluge, if short-lived             | Perpetual exhaustion, feeling overwhelmed    | Focus on trends; adopt popular technologies | Stay out of the information shower; turn the switch to <i>off</i> |
| <b>Media Growth:</b>           | Sensation, titillation             | Who do you believe and/or trust?             | Engage in the highest quality intake        | Select only the best; ignore the gore; read the summaries         |
| <b>Too Much Paper:</b>         | Visual clutter, over-stuffed files | Mental and emotional clutter, storage limits | Practice deskmanship; own your space        | Pare down; get off lists; guard your contact information          |
| <b>Too Many Choices:</b>       | Confusion                          | <i>Future Shock</i> : an inability to choose | Actively narrow the field before deciding   | Make less serve as more; choose what you already have             |