

3rd International Conference on

Depression, Anxiety and Stress Management

June 21-22, 2017 London, UK

The forbidden stress: The stress that's forbidden, hidden and calls for a spiritual solution

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Research suggests that people in emerging nations are more stressed than those in the developed world, yet there is a significant rise of stress related mental health issues in developed countries like the UK. Some of the most stressed people in our society are those who are prohibited from being in such a state. They are the type of people that as a society we struggle to have compassion for and who are likely to have had a privileged upbringing that most people can only dream of, yet they too experience stress and related emotional health issues. Why is their stress 'forbidden'? It is because sections of our society are not allowed to admit that they are unhappy because they have money and money is supposed to be the answer to everything. Our society is built on this concept and it's called, capitalism and consumerism. Why is their stress hidden? It's hidden because as a society we are not interested, we may struggle to feel sympathy and compassion for those people who on paper seem to have it all but these people are not allowed to admit the truth, even to themselves, that there is something more beyond the material world. They represent the pinnacle of ultimate happiness and the solution to our entire mortal woes so what on earth have they got to be stressed and unhappy about? You may ask why it calls for a spiritual solution, it calls for a spiritual solution because until you have meaning and purpose in your life, you'll never truly feel alive or happy and money cannot acquire it.

Biography

Marina Ziff holds a degree in International Relations and a MA in Health and Social Marketing. She has previously worked at MIND (Mental Health Charity) and the NHS. Currently, she is completing her final year of Gestalt Counseling Diploma at the Albany Centre in Hertfordshire and is a student of Shamanism at the Mystery School of Amaru. She has a special interest in helping individuals find a deeper meaning in their life through igniting their soul's spiritual purpose.

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