

Stop Stressing! My first Fiveku (“five-KU”= five line thought, a spinoff of a Haiku)

When Pharaoh asks Ya’akov how old the forefather is, Ya’akov mentions his painful life to Pharaoh, which explains why his appearance looks to be one that is far older than would seemingly match his numerical age (Gen. 47:9)(1).

Ya’akov reminds us that stress and trauma are poisonous to our being.

Suffering through periods of prolonged stress does tremendous damage to our bodies and emotions, and actually changes the way your brain operates (for the worse) (Barlow & Durand, 2012).

Many or most people who are genetically predisposed to severe disorders (Bipolar Disorder, major Depression) won’t experience most symptoms of those disorders unless they suffer traumatic events or stressful periods (Ibid.).

We should do anything we can to ease stress, prevent traumatic events, or remove ourselves from stressful situations, even if it means making less money or doing the work to change jobs; it’s not worth the emotional and physical damage.

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(1) Genesis Rabbah, additions to Chapter 95 brought in the back of Volume 4 of Midrash Rabbah HaMevuar. This source is traditionally brought by Daas Zekeinim Mibaaley Tosaphot to Genesis 47:8, due to the fact that several dozen Midrashim were lost from the standard printed editions. Based on this complaint, Ya’akov lost years off of his life.