

THE EXTRA POINT

BY JERRY ROBERTS



1735 Are We Happy or Are We Stressed?

We're 86 days into the new year, and 66 into the new Trump administration. Question. What's your stress level like? Are you as cool as a cucumber, or boiling over like an over-filled pot of rice? A new survey is out about stress, and we'll see how we match up. I'm Jerry Roberts, and that's next on The Extra Point.

As we pass the one-quarter mark for 2025, we can look back over the past three months, gauge what has taken place, assess where we are in connection to where we thought we'd be, and decide how we feel about that.

Are you pretty much where you thought you'd be, further ahead, further behind, or not really sure?

What's your mood like. Are you generally happy with how things are going, or generally upset?

One organization states that the mental health landscape for American workers is concerning. A recent report by Modern Health reveals that a staggering 75% of U.S. employees are grappling with low mood due to the weight of political and social unrest.

This survey, which included 1,000 full-time workers, highlights one thing that is more than just a bit curious. Nearly half of respondents believe that life was simpler during the COVID-19 pandemic. That's an eye-opener.

Would that be simpler because they were locked down and had to stay home, or did they think it was actually better? I don't know.

Furthermore, 62% admitted to feeling pressure to continue working despite experiencing burnout or mental health challenges.

Alyson Watson, founder of Modern Health, attributes this struggle to global political turmoil and current events taking a toll on workers.

Of course, political turmoil is in the eye of the

beholder. If you're a Democrat or see things from a liberal perspective, it's likely that you're a bit triggered by President Trump's executive orders, Elon Musk and the DOGE actions, and the fighting on social media.

If you line up with conservative practices, you likely welcome all that has taken place. You're not suffering from stress at all. You had your stress while Joe Biden was in office.

It wasn't covered in the survey from what I know, but many people are holding their breath, waiting for details on federal budget cuts and what that might mean for Guam.

Regardless of the things that add stress to our lives, we have responsibilities to handle, and those will continue regardless of what the politicians do. That is a good thing in my view, as it keeps us focused on things we can and must do, instead of other things we have zero control over.

If we're honest about all this, it's impossible to predict how successful Trump will be with his plan to deport illegal immigrants; or tariffs, or to clean up government, or how well the economy will do, plus a thousand other issues.

It's impossible to predict the price of food, or gas, or a bunch of other things locally. Again, these things are beyond our control.

Uncertainty is all around us, so what can we do? I've got a few ideas.

1. If you're worried or fearful about the type of things I've mentioned, sit down with your HR manager and talk things over. Your employer may have a program that can help.

2. Go on a social media and general media diet that has you spending less time with the outlets and people who are focused on feeding your fears.

(Con't.)

3. Get involved in some kind of personal growth project. When we're working on us and getting better, that points us toward a brighter future.

You can also look online for more ideas on how to deal with problems or the perception of problems.

Finally, you can join the 4F Club. Draw strength from and draw close to family, friends, and your faith. The last of the four Fs? Make sure you make room for a little fun once in a while. 4F Club members handle stress better than most.

Stress will always be with us. That won't change. What can change is our reaction to stress.

That's the Extra Point. Be responsible and make something good happen today. For 93.3FM, the Ray Gibson Show, and First Hawaiian Bank, I'm Jerry Roberts.

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