

Health Epidemic of the 21st Century with Dr Rangan C

author:



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Synopsis

“We need to give our mental health the same care we give our physical health.” This week, I’m in the hot seat being interviewed by friend, fellow GP and lifestyle medicine advocate, Dr Ayan Panja. We talk about the whirlwind of the last year and how those experiences have shaped me. After the huge success of my first book, *The 4 Pillar Plan*, it became clear to me that the area that people struggle with the most, myself included, is relaxing. In fact, The World Health Organisation have named stress as the health epidemic of the 21st Century. Indeed, one study found that 80-90% of what GPs see is in some way related to stress. Ayan and I discuss why stress has become such an issue and why it can be so damaging to our health. But what can we do about it? I talk about the areas covered in my new book, *The Stress Solution*, which is full of simple, practical tools that you can apply in your lives. I also share my top tips for reducing stress, from having a golden hour every morning without your phone to prioritising your relationships. I hope you find this conversation useful! You can pre-order the book on Amazon now. Show notes available at drchatterjee.com/stress Follow me on [instagram.com/drchatterjee/](https://www.instagram.com/drchatterjee/) Follow me on [facebook.com/DrChatterjee/](https://www.facebook.com/DrChatterjee/) Follow me on twitter.com/drchatterjeeuk **DISCLAIMER:** The content in the podcast and on this webpage is not intended to constitute or be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your doctor or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have heard on the podcast or on my website.

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