

SIGMA +



‘MAN PRESSURE’

A Brief Guide...

What is ‘Man Pressure?’

Man Pressure is an umbrella term for the EXTRA challenges - often hidden or ignored - that young men in particular face. These extra challenges can lead to stunted progress, unhappiness, a debilitating sense of ‘coping,’ and can have even more serious consequences such as mental health issues, emotional instability and even death.

The good news is that each young man is equipped with the capabilities to meet their challenges - yours will be unique to you - and there are a variety of strategies proven to help you move from coping to embracing.

Different types of "Man Pressure":

Social and Peer Pressure

This involves conforming to masculine stereotypes and expectations (e.g., being the provider, excelling in sports or careers, having the right attributes and qualities to be accepted by peers etc.).

Intense Competition

No other demographic faces competition between peers to such an extreme. The struggle to acquire the best girl, results, appearance, job etc. is incredibly challenging and many struggle simply to cope with the degree of rivalry they can experience with other males.

Relationship Pressure

Navigating romantic and sexual expectations can create a heavy burden. Any hidden self worth issues will be exposed and will often be exploited. This is an area of severe challenge for many young men, especially if they fail to find pathways to healing inner damage.

Economic Pressure

The burden of achieving financial success weighs heavy on young men. Every young man wants to achieve status, to be approved and respected by peers and elders. Financial success is a fast track pathway that impresses and influences the way others perceive you. In addition, males are still viewed as being providers, and much shame can be attached to falling short and letting those depending on one down. Expectations on young men to succeed financially are a serious Man Pressure issue

Mental Health Pressure

Men are programmed to appear strong, show no weakness and to control emotions. That leaves them vulnerable to ignoring serious inner challenges and distracting themselves to avoid facing the issues. Stigma around seeking help also restricts young men from accessing support to help address internal challenges.

Emotional Pressure

High expectations from parents, teachers, partners, peers and society in general, combined with lack of self awareness and lack of external support systems creates another area of challenge. Withstanding the intensity of certain personalities impinging upon your experience takes inner belief and strength. Cultivating the right internal state is critical for facing these challenges.

The Two, Complementary 'Man Pressure' Strategies

There are two complementary strategies that, combined, greatly increase your chances of thriving rather than succumbing to the various challenges of Man Pressure.

- 1) **Reduce Man Pressure** where possible. This involves taking a mindful look at what areas of your life are most burdensome or challenging in order to make useful changes.

- 2) **Improve Yourself:** Increase your resilience, strength, energy levels, confidence and mental clarity to move from coping with your male-centric challenges to embracing those challenges.

Context: Men and Women - Strengths and Weaknesses

According to brilliant psychologist Carl Gustav Jung, a man has an inner feminine aspect, the 'anima' while a woman has an inner masculine polarity, the 'animus.' These polarities combine to form the whole self, one aspect external and one aspect internal. The external male and inner female form a relationship, often unhealthy, based on your experiences and interpretations of what you have witnessed and absorbed from those around you, particularly close family members.

Balancing and evolving these two polarities to a point of harmony brings major benefits. However, these psychological differences between men and women bring unique challenges to each sex:

It boils down to the idea that men are generally stronger physically, while women are generally stronger emotionally. Thus, girls and women have the emotional strength to cope better than boys and men with most emotional challenges but are generally vulnerable physically. Men, on the other hand, are more capable physically but more vulnerable emotionally. This innate inner fragility in men is often abused, just as women's physical disadvantages can be abused.

However, the male's inner experience is usually unseen and unrecognised, whereas physical abuse of a woman is harder to conceal. In a nutshell, while men face the greatest challenges of any demographic, their plight is likely to remain unrecognised - even by themselves - and they are not as well equipped emotionally as women to deal with subtle or non obvious challenges.

Strategy One - Reducing Man Pressure

There will be certain situations in your life - you may or may not notice them consciously at present - that will place extra burdens on you. You will also have your personal strengths and weaknesses. Identifying stressful or

burdensome aspects of your experience and taking action to remedy them is going to be a really sound investment - maybe the most important contribution to your long term success. In addition, understanding where you might be vulnerable to external pressures and finding ways to address these areas is life changing.

You can easily learn to discover what scenarios challenge you most intensely by learning a simple trick - self observation. Also known as 'mindfulness,' this key skill involves being able to overview and be aware of your experience, rather than being so immersed in them that you fail to even notice the inner experience. Considering and contemplating this topic with the intention of improving your experience will automatically trigger your subconscious mind to bring troublesome areas to your attention.

Mindfulness links:

<https://www.youtube.com/watch?v=7-1Y6lbAxdM&pp=ygULbWluZGZ1bG5lc3M%3D>

<https://www.youtube.com/watch?v=7CBfCW67xT8&pp=ygULbWluZGZ1bG5lc3M%3D>

<https://www.youtube.com/watch?v=1nP5oedmzkM&pp=ygULbWluZGZ1bG5lc3M%3D>

In my own life, aside from the standard 'Man Pressure' challenges, I experienced alcoholic men. These men were an extreme challenge to my late childhood and early manhood experience. Severely restricting fears and beliefs were embedded that took a huge effort to overcome because I didn't know what I was trying to address. I had no advice, no support and no interest from those around me. I eventually figured it out myself but it took half a lifetime.

I wish I had known these things sooner, but at least now I get to pass on what I have learned. Essentially, inner balance and self acceptance tend to help resolve any external challenges you face, as they represent a foundation of belief in your innate worth. A solid inner foundation built on positive core beliefs engenders robustness and resilience. A person with inner clarity can fulfil their potential and won't be easily manipulated or controlled by toxic influences.

As you identify any areas of your inner self you need to address, you can easily find resources online to assist you in any particular challenge or scenario.

Strategy Two - Improve Yourself

A key point to recognise is that each of us is our own worst enemy and best friend. No-one else has anything like the power over yourself that you hold.

The balance between enemy and friend within oneself determines the level of success and achievement one can attain. Therefore, developing an awareness of one's personal inner set up and learning how to adjust it is a key skill.

There is a question Native American shaman healers ask troubled young men that illustrates this point and its solution:

'Two dogs are fighting within you - an evil dog and a good dog. Which one will win?'

The young man is left to ponder this. Eventually, he realizes the answer:

'The one which I feed the most.'

If you are going to invest effort into anything, 'knowing yourself' skills are almost always going to return the greatest rewards. Untangling oneself from mental and emotional mis-programming and transforming embedded unconscious, limiting beliefs will help resolve most external challenges. In other words, feed the good dog.

You may have complicating factors in your life, such as a toxic parent, a challenging boss, teacher or partner, financial challenges, bullying, extreme physical challenges such as certain sports, survival in a tough neighbourhood etc.

You may just experience uncomfortable feelings without obvious cause. You may have core programming that causes you to attract difficult people or to self sabotage.

These types of experiences and reactions are all too common, normal and widespread in our current society. There is no shame in admitting to oneself that you have limiting beliefs or other life compromising inner challenges. Rather, failing to admit these things can severely limit your progress - in all aspects of your life. A young man who wishes to grow must learn to recognise

and embrace their weaknesses and take action to build those areas that need attention.

As this is a brief guide, techniques for specific scenarios such as a toxic person or dysfunctional relationship are not covered herein. The focus here is on presenting various well proven techniques aimed at strengthening and helping you become more robust - enabling you to meet challenges effectively.

Each of the pathways listed below, is proven to bring excellent results - if practiced diligently. Ultimately, your level of external success will emerge from your level of inner mastery.

Below are a few powerful and long proven techniques and strategies to build inner strength and harmony.

Self Building Techniques

Shadow Work: Our insightful psychologist friend, Mr Jung, developed this concept which involves the idea that we all have a repressed dark side or 'shadow self.' Typically we bury this deep down and hide it from the world and from ourselves. The problem with that is that, according to Jung, the shadow self is part of your 'authentic self,' and you need to become your authentic self to enjoy a truly satisfying experience of life. Shadow work is a heavy undertaking. One needs a certain level of commitment to delve into the gubbins of the subconscious. However, the rewards can be huge - you need to follow your gut on when to start this work

Shadow Work Links:

<https://www.youtube.com/watch?v=Uz1cRrtlolo&pp=ygULc2hhZG93IHdvcms%3D>

<https://www.youtube.com/watch?v=n0QVFISQ4bQ&pp=ygULc2hhZG93IHdvcms%3D>

<https://www.youtube.com/watch?v=yOkFzBiJrYA&pp=ygULc2hhZG93IHdvcms%3D>

<https://www.youtube.com/watch?v=007KXvR9V9Q&pp=ygULc2hhZG93IHdvcmms%3D>

<https://www.youtube.com/watch?v=S5F8Lx5f63E&pp=ygULc2hhZG93IHdvcmms%3D>

Meditation is another powerful technique which is complementary to shadow work and other self expansion pathways. Meditation is learning to stop thinking, to stop having any thoughts at all and simply exist or be in the now.

The mind, especially a modern untrained mind, wants to constantly provide a thought narrative or monologue. Often this is because in the absence of muddling thoughts, deeply repressed feelings may emerge. We generally try to avoid such uncomfortable, sometimes terrifying feelings at all costs, rather than face them and move on, so we create a constant monologue in our minds.

Learning to safely enter an inner space of simply being without any thoughts brings a calmness and confidence that can't easily be explained - it has to be experienced.

Meditation is simply a skill, like riding a bicycle. You practice, then you eventually get it, then you no longer even have to think about it, it becomes an innate skill.

Meditation Links:

<https://www.youtube.com/watch?v=thcEuMDWxol&pp=ygUKbWVkaXRhdGlvbG%3D%3D>

<https://www.youtube.com/watch?v=CDnEKUDNwMM&pp=ygUKbWVkaXRhdGlvbG%3D%3D>

<https://www.youtube.com/watch?v=WEUwGx6Kfxo&pp=ygUKbWVkaXRhdGlvbG%3D%3D>

Yoga. Developed over thousands of years by millions of hours of practice by many, many practitioners and masters, yoga works across several levels of experience, but for the purpose of this guide we will focus on the physical and mental benefits of the practice. Physically, yoga is a full body re-tensioning system. It seeks to condition every muscle, ligament and sinew in the body to

its full capacity including full flexibility, strength and control and to integrate all the various pieces into a balanced and resilient whole. The practice brings a positive mind set, as the body and mind are closely interlinked. It improves body harmony, reduces the risk of injuries and, like meditation, brings an inner calmness that has myriad benefits in meeting day to day challenges.

Yoga Links:

<https://www.youtube.com/watch?v=NQzDFgnyYAO&pp=ygUSeW9nYSBmb3lgeW91bmcgbWVu>

<https://www.youtube.com/shorts/veRX00g3hXU>

<https://www.youtube.com/watch?v=wCUI1bwlJqA&pp=ygUSeW9nYSBmb3lgeW91bmcgbWVu>

<https://www.youtube.com/watch?v=jtYZDrYL634&pp=ygUSeW9nYSBmb3lgeW91bmcgbWVu>

Martial Arts. Learning a sophisticated fighting system builds confidence, strengthens the mind and body and could also be pretty handy in protecting you should any type of confrontation occur - which is more likely for young men than for any other group. Black belt holders or experts in martial arts are statistically unlikely to commit crimes or behave irresponsibly. Knowing you can kill, and how to, brings a maturity that has positive effects across other areas of life.

Martial Arts Links:

<https://www.youtube.com/watch?v=G-GS1P8TpEo&pp=ygUabWFydGlhbCBhcnRzIHNOeWxlcyByZXZpZXc%3D>

https://www.youtube.com/watch?v=gB10jw0YI_o&pp=ygUabWFydGlhbCBhcnRzIHNOeWxlcyByZXZpZXc%3D

<https://www.youtube.com/watch?v=udJuY51FCi0&pp=ygUabWFydGlhbCBhcnRzIHNOeWxlcyByZXZpZXc%3D>

<https://www.youtube.com/watch?v=DIPL-IHldog&t=714s&pp=ygUabWFydGlhbCBhcnRzIHNOeWxlcyByZXZpZXc%3D>

Physical Exercise. Physical fitness and activity, especially cardiovascular fitness, brings many benefits. Raised self esteem, increased longevity, increased survival rates and increased energy levels, stamina and strength. The best exercise, overall, is walking. Metabolic tricks and hacks can help achieve the benefits more simply. High Intensity Interval Training (HIIT), for example, allows one to gain cardio fitness with minimal time and effort.

The benefits of cardio fitness include an increase in the body's micro power stations, known as mitochondria, within cells. This means more energy, more readily available.

Developing healthy muscular volume also has benefits, mostly obvious, but includes an ability to store energy producing chemicals within the body. The respect, attractiveness and confidence a well muscled body generates are obviously helpful too. However, if muscles become an obsession, it can be a defence mechanism playing out and this can be unhealthy on several levels. You don't need enormous muscles to live a fantastic life and such oversized muscles can cause others to view you in a negative stereotypical light. Not to mention serious health issues down the line - most professional bodybuilders die in their early fifties from heart or colon issues.

Physical Exercise Links:

<https://www.youtube.com/watch?v=Ebl0ggAm4qE&pp=ygUUY2FyZGlvIGZvciB5b3VuZyBtZW4%3D>

<https://www.youtube.com/watch?v=qdo815RbNDk&pp=ygUUY2FyZGlvIGZvciB5b3VuZyBtZW4%3D>

<https://www.youtube.com/shorts/BCOyd5bZOIY>

<https://www.youtube.com/watch?v=vnBXaCsoEPU&pp=ygUUY2FyZGlvIGZvciB5b3VuZyBtZW4%3D>

Diet is key, especially when there are heavy demands on you, physically, mentally or emotionally. Ensuring the presence of sufficient nutrients is the main focus, with the balance of carbohydrates, protein, fats and fibre also being important.

Fasting can be an important tool for weight loss, health benefits, and even mental benefits. It is good to spend some time hungry as this initiates many

healing and cleansing processes in the body. Fasting is a very important link between eating and health.

Diet Links:

<https://www.youtube.com/watch?v=tOBD-TxltOc&pp=ygUOeW91bmcgbWVuIGRpZXQ%3D>

<https://www.youtube.com/watch?v=V4PnpyiUf10&pp=ygUOeW91bmcgbWVuIGRpZXQ%3D>

<https://www.youtube.com/watch?v=JgZSFkPrk24&pp=ygUOeW91bmcgbWVuIGRpZXQ%3D>

<https://www.youtube.com/shorts/tVutt0YLjWs>

<https://www.youtube.com/watch?v=T-un0vS5e8w&pp=ygUZZmFzdGluZyBmb3lgZm9yIHlvdW5nIG1lbG%3D%3D>

<https://www.youtube.com/watch?v=bHdoAhZyP3I&pp=ygUZZmFzdGluZyBmb3lgZm9yIHlvdW5nIG1lbG%3D%3D>

Supplements. Due to poor agricultural practices, over processing and the placing of profit over people, modern foods, even unprocessed, contain less vitamins and minerals than in the past. In addition, modern foods contain additives of various kinds, many of which are harmful to health. Accessing the kind of supportive compounds found in healthy diets can be challenging.

Due to the difficulty of eating a perfect diet, supplements derived from long proven sources have been used for millennia to support health and boost various bodily systems.

This guide is intended to help promote a new, botanical, supplement based solution to Man Pressure:

Sigma + is the only product directly created to deal specifically with Man Pressure issues. More on that below.

There are hundreds of options when it comes to supplementation. Too many, in fact, to go into detail in this brief guide. There are botanical extracts, minerals and vitamins, specialised foods and more. One needs to decide on specifically what one wants to address - say tiredness, depression, immune

function, weight loss, muscle growth etc. - and then search for the most useful supplements for that issue.

New studies are being published almost daily, increasing our knowledge of supplements and their key compounds and how they work within the body. There are also hundreds of youtube, instagram, facebook and tiktok channels covering supplementation.

Supplementation Links:

<https://www.youtube.com/watch?v=JDuZCWNeyJ4&pp=ygUhbmF0dXJhbCBzdXBwbGVtZW50cyBmb3lgeW91bmcgbWVu>

<https://www.youtube.com/watch?v=tLS6t3FVOTI&pp=ygUhbmF0dXJhbCBzdXBwbGVtZW50cyBmb3lgeW91bmcgbWVu>

<https://www.youtube.com/shorts/CacwyEyfnkw>

<https://www.youtube.com/watch?v=4ZtZTtNDoNE&pp=ygUhbmF0dXJhbCBzdXBwbGVtZW50cyBmb3lgeW91bmcgbWVu>





WHY USE SIGMA +?

To save time and to apply a broadband array of potent compounds to your body with minimal fuss, Sigma + is specifically designed to support the areas most challenging to young men.

Drawn from ancient supplements proven by time itself - and more recently by scientific studies - we used AI to help us formulate the most beneficial balance of botanicals and extracts to help address 'Man Pressure' issues.

Key ingredients include extracts of Ganoderma (aka Reishi) mushrooms, and Ashwagandha, so-called 'adaptogens' and rich sources of beneficial compounds. The base material is green tea, another excellent source of beneficial compounds.

Every major organ, the immune, nervous and other major systems, the brain, for clarity, cellular activity for increased energy and metabolic resilience are all supported with key compounds.

Sigma + is easy to use. It is a hot water infusion designed to be sipped over long periods to drip feed the compounds into the body, allowing it to fully absorb and utilise the hundreds of compounds present.

One therefore needs only a thermos and hot water to make the best use of Sigma +. This is especially useful for busy, jaded or even lazy young men who need simple, easy solutions that can fit seamlessly into their lives.

Sigma + is the first and only product specifically aimed at 'Man Pressure'



[Learn More](#)

[BUY NOW - 33% off first purchase](#)

Further Resources:

AI and Apps for mental health

<https://mymeditatemate.com/blogs/wellness-tech/best-ai-mental-health-apps>

<https://www.sociobits.org/2024/03/best-ai-apps-for-mental-health/16973/>

Tips for young men:

<https://manlyandmodern.com/advice-for-young-men/>