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Topic: Description of Sources of
"STRESS" While Incarcerated.

The question must be asked what is STRESS? STRESS is a "Silent Killer, which holds on to negative ENERGY that lodges itself into various parts of the body. This can cause the muscles to become tight.

Just being incarcerated and doing a lengthen prison sentence can be stressful on an individual being separated from your love one's (mother, father, wife, etc...) can take a toll on an individual.

One must understand the dynamic of prison. Prison environment is a very violent and stressful environment, and it can take a toll on even

the Strongest Individual. Being Under the Rule And Authority of the Michigan Department of Corrections where your total dependence (Food, etc...) is Upon them Can Be Very Stressful On A Individual; Being told what to do And Not to do As A Grown man Can And is Stressful On A Individual.

The prison Environment is A Very "Negative" Environment.

As I gave you my Definition of STRESS "Negativity" is A Attribute of STRESS, so A Individual doing time is Under A Constant State of STRESS!

A Individual doing time have to Learn to "Repress" their Natural Emotions (Anger, etc...) And SEX URGE, which Can And do take it's toll Upon A Individual.

When A Individual is Doing A
Lengthen Prison Sentence their
is A ~~Very~~, ~~Very~~, STRESSFUL
Situation that EVERY Individual
Will Eventual Experience. That
Situation is the passing (Death)
of A Beloved Family Member
While One is Incarcerated.

Being Under the Rule And
Authority of the Michigan
Department of Corrections
being A PRISONER One Can NOT
Seek Any Compassion from
the MDOC During A PRISONER
PERIOD OF GRIEF. AS I mention
that A PRISONER "must" Learn to
Repress his Natural Emotion
of Anger While they Are
Incarcerated. Holding this Anger
(pain) from the passing of A

Beloved family member can
and do take it's toll (STRESSFUL)
Upon A PRISONER. For A PRISONER
to Express this Natural Emotion
of ANGER is Against MDOC
Rules (subject to A Violation/ticket
threaten AND intimidating
behavior)

I've personally in my three
Decades going on FOUR Decades
of INCARCERATION Witness ONE
go over the Edge being UNDER
such ASTRONOMICAL STRESS FROM
the passing of A Beloved family
member DURING their INCARCERATION.
Being incarcerated AND constantly
UNDER ASTRONOMICAL STRESS Day
in AND out. One "must" have
some form of "OUTLET" for this
STRESS A PRISONER is constant
UNDER to push the STRESS
HORMONES out of OUR system.
you can do this through some
form of Daily EXERCISE (Running, etc...)
AS YOUR OUTLET.

EXERCISE BURNS OFF the
ADRENALINE Release into your
system, AND Release Endorphins
A Natural Chemical into your
Blood Stream that Relieve Pain
AND produce A Feeling of Well-
being.