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Stress and Its Effect on Health

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Abstract:

Stress is developed due to socio-cultural changes, ecological changes, certain psychological factors, lifestyles, etc., .The factors which contribute to stress are described as stressors. Then these factors create a need for the individual to change ones' habits, behavior, attitudes etc. Stress can be eustress, that keeps us motivated to reach our goals or distress- that causes degradation of the body. Stress is a pattern of responses to stimulus that disturbs the equilibrium. Stress can affect our well-being and our physical heath. It can lead to depression on the emotional level or behavioral responses causing the fight or flight response. The effects of stress on our health can be broadly divided into 4 categories - emotional effects, cognitive effect, behavioral effects and physiological effects. Stress can also negatively affect our immune system, making it more prone to physical illness through the concept of psychoneuroimmunology.

Keywords: Stress, environmental factors, psychoneuroimmunology and eustress**.**

STRESS

Stress causes physical, emotional, or cerebral strain which effects our emotional, psychological, and physiological well-being. Everyone gets stressed to some degree.

When you feel hovered, a chemical response occurs in our body that allows us to act in a way to help injury. This response is known as" fight-or-flight". During stress, your heart rate increases, breathing quickens, muscles strain, and blood pressure rises. Some people handle stress better than others. Stress isn't always bad. In small portions, stress can help us negotiate tasks and help us from getting hurt.

Our bodies can handle a small portion of stress i.e., short term stress, but when it comes to long term stress like habitual stress our body cannot handle it.

SYMPTOMS OF STRESS

Symptoms of stress can vary from one person to the other person. Symptoms can be foggy and may be the same as those caused by medical conditions.

Physical Stress	*Headaches, Indigestion, including constipation and nausea Pangs, pains in body.*
Cognitive Stress	*Constant fear, Rapid deliberations. Failing to remember and disorganization, Incapability to concentrate*
Mental Stress	*Changes in appetite-- either not eating or eating too much of food. Delaying or delaying and avoiding liabilities. Increase in use of alcohol, medicines, or cigarettes.*

LONG TERM STRESS AND ITS CONSEQUENCES:

Acute stress every now and then isn't commodity to be concerned about. Ongoing, habitual stress (long term stress), still, can beget or complicate numerous serious health problems, including

- Mental health problems, similar as depression, anxiety, and personality diseases like asocial, avoidant personality diseases.
- Cardiovascular complaint, including heart complaint and high blood pressure, abnormal heart beats, heart attacks, and stroke
- Being too fat and other eating diseases.
- Menstrual problems.
- Sexual dysfunction, similar as unseasonable ejaculation in men and loss of sexual desire in both men and women.
- Facing problems in skin and hair similar as acne, psoriasis, and eczema, and endless hair loss.

EFFECT OF STRESS ON HEALTH:

Musculoskeletal system

When the body is stressed or anxious, muscles tense up. Muscle pressure is nearly a kickback response to stress — the body's way of guarding against injury and pain.

With unforeseen onset stress, the muscles tense over each at formerly, and also release their pressure when the stress passes.

For illustration, both pressure- type headache and migraine are associated with habitual muscle pressure in the area of the shoulders, near neck and head. Musculoskeletal pain in the lower and upper extremities has also been linked to stress.

Relaxation ways and other curatives have been proven to be effective in reducing muscle pressure and dropping the prevalence of certain stress- related diseases, similar as headache, and increase a sense of well- being. For those who develop habitual pain conditions, stress- relieving conditioning have been shown to ameliorate mood and diurnal function.

Respiratory system

The function of respiratory system is to supply oxygen to cells.

Stress and strong feelings can present with respiratory symptoms, similar as delicate in breathing or rapid-fire breathing, as the airway between the nose and the lungs constricts. For people without respiratory complaint, this is generally not a problem as the body can manage the fresh work to breathe comfortably, but cerebral stressors can worsen the breathing problems for people with pre-existing respiratory conditions similar as asthma and habitual obstructive pulmonary complaint. Some studies show that an acute stress — similar as the death of a loved one — can spark (extreme response of fear, worried or wrathfulness) asthma attacks. In addition, the rapid-fire breathing — or hyperventilation — caused by stress can bring on a fear attack in someone prone to fear attacks.

Working with a psychologist to develop relaxation, breathing, and other cognitive behavioral strategies can help us in relieving stress.

Cardiovascular system

The heart and blood vessels are the two essentials of the cardiovascular system that work together in furnishing aliment and oxygen to the organs of the body. The exertion of these two essentials is also coordinated in the body's response to stress.

Habitual stress, or a constant stress endured over a long period of time, can contribute to long-term problems for heart and blood vessels. The harmonious and ongoing increase in heart rate, and the elevated situations of stress hormones and of blood pressure, can take a serious effect on the body. This long- term ongoing stress can increase the threat for hypertension, heart attack, or heart stroke.

Endocrine system

When someone perceives a situation to be demanding, hanging, or incontrollable, the brain initiates a cascade of events involving the hypothalamic-pituitary-adrenal (HPA) axis, which is the primary motorist of the endocrine stress response. This eventually results in an increase in the production of steroid hormones called glucocorticoids, which include cortisol, frequently related to as the "stress hormone". During times of stress, the hypothalamus, a collection of capitals that connects the brain and the endocrine system, signals the pituitary gland to produce a hormone, which in turn signals the adrenal glands, located above the kidneys, to increase the produce of cortisol.

Gastrointestinal system

The gut has many neurons which may function independently and are in constant communication with the brain—explaining the power to feel "butterflies" within the stomach. Stress can affect this brain-gut communication, and should trigger pain, bloating, and other gut discomfort to be felt more easily. The gut is additionally inhabited by many bacteria which may influence its health and therefore the brain's health, which may impact the power to think and affect emotions.

Stress is related to changes in gut bacteria which successively can influence mood. Thus, the gut's nerves and bacteria strongly influence the brain and the other way around.

Early life stress can change the event of the systema nervous also as how the body reacts to worry. These changes can increase the danger for later gut diseases or dysfunction.

Esophagus

When stressed, individuals may eat far more or much but usual. More or different foods, or a rise within the use of alcohol or tobacco, may result in heartburn or acid reflux. Stress or exhaustion also can increase the severity of regularly occurring heartburn pain. A rare case of spasms within the esophagus are often depart by intense stress and may be easily mistaken for an attack.

Stress also may make swallowing foods difficult or increase the quantity of air that's swallowed, which increases burping, gassiness, and bloating. Vomiting may occur if the strain is severe enough and stress may cause imbalance in appetite. Unhealthy diets may successively deteriorate one's mood.

Contrary to popular belief, stress doesn't increase acid production within the stomach, nor causes stomach ulcers.

Nervous system

The system nervous has several divisions: the central division and the peripheral division which consists of the autonomic and somatic nervous systems.

When the body is stressed, the SNS contributes to what's referred to as the "fight or flight" response.

Male reproductive system

The male genital system is influenced by the autonomic system which produces testosterone and activates the sympathetic nervous system which creates arousal.

Cortisol regulation is vital for the normal functioning of several body systems including cardiovascular, circulatory, and male reproduction. Excess amounts of cortisol can affect the traditional biochemical functioning of the male genital system.

Reproduction

Chronic stress also can negatively impact sperm production and maturation, causing difficulties in couples who try to conceive. Researchers have found that men who experienced two or more stressful life events within the past year had a lower percentage of sperm motility (ability to swim)

and a less percentage of sperm count compared with men who did not experience any stressful life events.

Diseases of the reproductive system

When stress affects the system, the body can become susceptible to infection. In the male anatomy, infections to the testes, prostate, and urethra, can affect normal male reproductive functioning.

Feminine reproductive system

Period

Stress may affect period among adolescent girls and women in several ways. For illustration, high situations of stress may be associated with absent or irregular menstrual cycles, further painful ages, and changes in the length of cycles.

Gestation

Stress can negatively impact a woman's capability to conceive, the health of her gestation, and her postpartum adaptation. Depression is the leading complication of gestation and postpartum adaptation.

Extra stress increases the probability of developing depression and anxiety during this time. Motherly stress can negatively impact fetal and ongoing nonage development and disrupt relating with the baby in the weeks and months following delivery.

Menopause

As menopause approaches, hormone situations change fleetly. These changes are associated with anxiety, mood swings, and passions of torture. Therefore, menopause can be a stressor in and of itself. Some of the physical changes associated with menopause, especially hot flashes, can be delicate to manage with.

Likewise, emotional torture may affect the physical symptoms to be worse. For illustration, women who are more anxious may witness an increased number of hot flashes and/ or more severe or deep hot flashes.

MANAGING STRESS:

Still, taking way to manage your stress can have numerous health benefits, if you have stress symptoms. Explore stress operation strategies, similar as

- Getting regular physical exertion
- Rehearsing relaxation ways, similar as deep breathing, contemplation, yoga, tai chi, or massage.
- Keeping a sense of humor
- Spending time with family and friends.
- Setting apart time for pursuits, similar as reading a book or harkening to music
- Inactive ways of managing stress such as watching TV, probing the internet, or playing video games — may feel comforting, but they may increase your stress over the long term.

And be sure to get plenitude of sleep and eat a healthy, balanced diet. Avoid tobacco use, extra caffeine and alcohol, and the use of illegal substances.

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