Explain Symptoms of Stress

[Name of the Writer]

[Name of the Institution]

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The stress causes specific physiological and psychological changes in the body, so it is easily identifiable when a person is in stress. First of all, it triggers the sympathetic nervous system, and that causes many physiological responses in the body to get triggered. These responses change or alter from one moment to another. One of the responses of the sympathetic nervous system caused in the body is fight-or-flight; it prepares the body for either to combat back or just run away or avoid the situation. It makes a man alert and focused on its target. The adrenal glands start releasing stress hormone, along with cortisol and adrenaline. These hormones help in getting a person to the safest place. However, stress affects each and every organ of the body from muscles to stomach or feet. The stress causes emotional responses in the body such as depressed mood, irritability, insomnia, chronic anxiety, and difficulty in learning, focusing or concentrating. It also urges in a person the feeling of loss of sex drive and eating disorders.

According to the survey of American Psychological Association people are usually awake at night due to stress. Therefore, stress is detrimental to the well-being of our personal and professional life and also health. The effect of stress is adverse on the body, as the body starts acting deviant to the standard procedures of life which in turn affects the biological, psychological and social life of a person. Therefore, in the result of this prolonged condition of stress a person is not able to eat well, sleep well and even communicate or socialize well. All the symptoms of stress are interrelated, starting from early onset to the prolonged occurrence of stress. Also, the connection of stress response in interlinked as well, because it is seen that lack of sleep disrupts the food cycle and it, therefore, ruins the functioning of a person.