Title page

Stress and illness

Abstract

Stress has negative impacts on physical and mental health. It is critical to understand how stress influence human health for identifying the factors that would be helpful in mitigating such risks. Several studies exist that explains the relationship between and health. Stress is a reaction of the human body to challenging situations that could be real or perceived. Studies have revealed that people undergoing stress feels the increased heartbeat, fast breathing, muscle tightening and high blood pressure. Stress influence all aspects of human life however the symptoms may vary among people. One common factor behind stress is exposure to negative feelings, emotions and behaviors. Stress and depression as considered as psychotic disorders that creates restlessness and intolerance. Common symptoms of stress include lack of motivation, insomnia, headache, tense muscles, pains and low morale (Mariotti, 2015).

Stress is an illness that is further linked to depression and psychosis. People who are a victim of stress undergo physical changes as short-term memory gets more active. Short-term stress is not harmful because it evokes a sense of fight against danger or unpleasant events. Long-term stress is more destructive and undermines overall health of individuals. The common caused of this stress include accidents, illness, financial issues, social problems and problematic relationships. Continuous stress causes people to go in a state of permanent alertness that undermines a sense of comfort and creates restlessness. This causes the body to trigger stress response repeatedly (Toussaint, Shields, Dorn, & Slavich, 2016). People experiencing stress are unable to control negative feelings and emotions that lead to sleeplessness and anxiety. Feelings of irritation, annoyance and worry are also results of stress.

Hypothesis

Stress leads to deteriorated mental and physical health.

Stress has a significant correlation with depression and anxiety.

References

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