

Most People Experience A Degree Of Stress In Everyday Life

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Definition and Types of Stress

Stress is any alteration in the surroundings that makes you feel uncomfortable, hence making your body adjust in response to the changes. The body can react to these changes in many different ways depending on the nature of the stress. The reaction can be either physical, emotional or even mental. Stress is a normal phenomenon for all human beings. It results from events surrounding happening in our surroundings and sometimes things we do. Stress can be either positive or negative depending on its root cause (Pantzar, Mika, and Ruckenstein 2015, p 95). It always comes with a range of physical, emotional and mental reactions regarding the body stimuli initiating the reaction. Stress can sometimes initiate a range of behaviors in our body, which can sometimes be characteristics of certain health conditions like mental problems. Stress body reaction to changes in the surroundings. It can be either positive or negative depending on the result on the body.

Stress and Physical Health

Stress comes with a range of effects on our bodies. Discussions revolve around the relationship between stress and some of our health problems like depression, high blood pressure and heart-related sicknesses. No research in the recent past has proven that hostility and aggressiveness in one's personality have a direct connection with cardiovascular diseases; speculations have it that it has some relation with the blood pressure or heart rate; hence, greater vulnerability to attack comes when one is stressed (Pantzar, Mika, and Ruckenstein 2015, p 98). Doctors have also tried to create a link between stress and the suppression of our immune system. They argue that stress is capable of suppressing our immune system and when this happens, the chances of one getting ill or rather alteration of the existing illness in our body becomes so high. In the case of an existing illness, when stress suppresses the immune system, the probability is high that the condition may worsen. This means that sick people should be kept stress-free to ensure they recover faster and properly. Certain diseases like cancer, neurological disorders, gastrointestinal problems, skin and emotional problems are strongly linked to stress and patients suffering from such diseases are most likely to have links to stress. Research shows that soothing music can improve the immune system of the body, hence improving its functionality (Frost, Lehavot, and Meyer 2015, p4). Music, therefore, becomes a very important player when dealing with stress. Doctors argue that it is healthy for our long-term well-being since it keeps off stress.

Stress and Blood Pressure

Increased blood pressure is a condition that is also highly associated with stress. No scientific proof supports this hypothesis, but statistics show that most blood pressure patients often get admitted when exposed to stress. Stress makes their body react emotionally and when these emotions come, the blood pressure rises to levels beyond their control. A lot of stress with no countermeasures to help the body cope with the condition can be, at times, very critical, especially to individuals with high blood pressure. It is advisable that we learn how to cope with pressure by relaxing. Research shows that the best way to reduce blood pressure is to relax, assuming everything is normal. We are advised to consult and discuss our health-related issues, especially those that can be affected by stress, like high blood pressure, so that they give us the correct advice on how to handle a family member with hypertension and what should be done in case the pressure rises (Frost, Lehavot, and Meyer 2015, p7). A physician will let us know if the high blood pressure is because of a medical condition or genetic or if it's uncontrolled stress. It is important that we know how to deal with stress since it is something unpredictable. It can come any time when you are alone, with friends or in any other conditions. Pinpointing a formula for dealing with stress, which can lead to some kind of heightened dysfunction sense, is the first step in solving a problem. It may result in increased anxiety since you are not mastering your surroundings. Depression or anxiety are the most common forms of reacting to stress. Temporary signs do reflect the normal advantages and disadvantages. When these conditions exist even way after the stress is gone, a clinical analysis is required for the situation is required.

Positive Effects of Stress

Medical experts argue that stress does not only have side effects but can also have positive effects on our lives. They go ahead to describe stress as the full-swing energy guiding you through an activity that was initially looking impossible. Critically looking at doses of stress in detail, stress has several benefits coming up with it. A typical example of this is a condition whereby stress pushes you to the wall and challenges you to meet you're set goals and targets. Stress is important in learning since it enables you to learn a lot and expand or boost your cerebral capacity. Stress is specifically very important to researchers and students who always need to know something new (Diener et al. 2015, p240). It acts as the drive, which gives you the urge to learn for students and come up with something new for the researchers.

Stress as a Biological Warning System

Scientists say stress can also be a very important tool in the warning system of a human being. It gives or produces the flight or flight reaction. The human brain is designed in a manner that when it realizes or learns of any kind of threat or perceived threat, it fills up the body with chemicals of given

types like epinephrine and norepinephrine plus cortisol. These chemicals bring discomfort in the body, and the chemicals in reaction with the body increase the body's blood pressure and as well heart rate. This makes you have a laser-like focus, which will instill fear in you and, at the end of it all, a sixth sense that can enable you to avoid situations that are physically stressful. This is why; it is very hard to find someone jumping out of a moving car, jumping down a story building. It is stress, which makes them not to jump and in any case, they do, there is always a better reason as to way, either mental sickness or any other issue. Some minor benefits of stress also exist, as it helps in fortifying our immune system in that it can improve your heart rate of work by engaging it (Diener et al. 2015, p240). Research also shows that most patients who suffer stress just before going to theatre rooms have a high chance of surviving, and they also heal faster than those who feel stress after the surgery.

Conclusion on Everyday Stress

In summary, stress is the reaction of our body to events in the surroundings or internally in our body. The body can react to it in many different ways. For example, we have physical, emotional and mental reactions. All these three kinds of reaction have different conditions to which each responds. People always associate stress with negativity, but stress has both advantages and disadvantages in our bodies. It is only that the disadvantages override the advantages, but stress helps in some circumstances. The major disadvantage of stress is that it may trigger cardiovascular problems, and the main advantage is that stress can expand our cerebral capacity and thinking ability. It is important that we know how to handle stress at a personal level because stress is something that can be triggered anywhere, no matter the time and place. It is, therefore, important that we each know how to handle stress.

References

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