

Common Health Hindrances And How You Can Cope

Description

It's a sad fact that illness, disease and even something rather fatal can affect us at any point in our lives, even without forewarning. Of course, there are things we are made aware of. But some health issues we can all struggle with can affect us quite severely, and often without us even realizing. As we approach the summer, it is already apparent how fast time is going, it's vital that we take care of ourselves, both in mind and body and ensure we do all our can to remain healthy and happy. With that in mind, here are some of the health issues we could all face.



[Image source](#) "pixabay" cco license

A heart attack

Having a heart attack is a serious medical emergency that must be taken seriously at the slightest moment you think you might be suffering from one. Symptoms include seriously painful chest pain which can often feel like you have a heavy object placed on your chest that doesn't make breathing easy. It is important to make [heart health](#) a priority. You may also struggle with anxiety, shortness of breath and suddenly feel very weak. If you are worried, then seek medical advice straightaway by dialing your emergency numbers.

A stroke

Similarly to a heart attack, a stroke is something that can attack you without warning, and it happens to be in your brain. It happens when the blood supply is cut off to your brain. Without blood, your brain can't function as it needs the oxygen for the brain cells to survive. There are different types of strokes and the damage caused will depend on where your brain is attacked. You may start to feel a tingling sensation down one side of your body, or perhaps your face may start to droop. If you spot any signs, you must seek medical attention immediately.

Depression

Depression is a black cloud that can often ascend on us when we least expect it, or where from the outside life appears absolutely fine. But depression and our mental health can affect us more than we realize and is not something to be ignored. [Depression](#) can cause you to lose hope in your life and to not take any enjoyment from anything. It can isolate you and make you feel alone, even when you aren't. If you are starting to feel low and upset more often than usual, then please talk to someone to see what is going on with your mental mindset. Sometimes things like therapy can help, but you could also try alternative therapies. Things like counselling or Cognitive Behavioral Therapy could also help you combat these feelings of depression.

Anxiety and panic attacks

Finally, anxiety and panic attacks are a different sort of mental health issue. They can go hand in hand with depression or it can be something that manifests all on its own. It can be the feeling of a loss of [control of a situation](#). The fear something terrible might happen or the panic about something that you have to face. Mentally, you build it up in your head to cause you to feel anxious and upset. Again therapies and also things like lifestyle changes can help you to manage this.

Let's hope this has made you more aware of health hindrances that you may face in the future.

Date Created

2020/07/09