

The Adverse Effects of Stress on Your Body

Description

The word “stress” is often used to describe a feeling of pressure and tension, but there can be many different causes of stress. When you feel like you’re running on empty and everything is an effort, it’s time to take a look at your life and see what might be adding unnecessary stress. Stress affects the body in various ways- learn about some of the most common consequences below.



[Photo by Nathan Cowley from Pexels](#)

#1 Can cause headaches

Stress is a leading [cause of headaches](#), which can be accompanied by tension in the neck and shoulders. Migraines are one type of headache that can be brought on or made worse by stress. If you’re experiencing regular headaches, it’s important to identify any potential triggers, including stress. You may need to make some changes to your lifestyle or find ways to manage stressful situations better.

Some people find relief through relaxation techniques such as yoga or deep breathing exercises, while others prefer over-the-counter medications or prescribed treatments from their doctor. Stress has also been linked with other types of pain, such as joint pain and back pain. In fact, research has shown that

stress can affect the immune system, which makes it harder for your body to fight off illness.

#2 May lead to mental health problems

Stress can be caused by many factors, such as work or school expectations and pressures. However, this type of stress is usually temporary and may even help motivate you to achieve your goals. However, constant feelings of anxiety frequently brought on by sources such as family life (e.g., overbearing parents) or an unpredictable economy can lead to mental health problems like depression or generalized anxiety disorder (GAD).

Depression makes it difficult for the sufferer to carry out everyday tasks and activities “ which interferes with their ability to function at home and work. GAD causes excessive worry about a variety of topics, including personal relationships, money matters, and one’s own health; this chronic condition often occurs without warning signs in between episodes when everything seems fine. If you feel like you struggle with anxiety or even substance abuse in order to cope with your anxiety, feel free to have a look at [Sunshine Behavioral Health](#) for expert advice on the subject.

#3 Gastrointestinal issues

Stress can also lead to gastrointestinal issues like diarrhea, constipation, and Irritable Bowel Syndrome (IBS). IBS is a condition that causes stomach pain, cramps, bloating, and changes in bowel habits. These symptoms can be very disruptive to one’s life and may cause a great deal of stress in addition to the original problem.

If you’re experiencing any of these problems, it’s important to seek help from your doctor. Managing your stress levels may bring some relief. This could include relaxation techniques, exercise, and changes to your diet- avoiding caffeine and alcohol, which can make symptoms worse.

#4 High blood pressure

Stress can also have a negative [impact on your blood pressure](#), which may lead to heart disease. Too much stress over a long period of time without any relief can cause high blood pressure or hypertension. The underlying causes of hypertension aren’t fully understood, but it’s believed that several factors, including genetics and salt intake, play a role in its development.

The good news is that keeping your stress levels under control could help prevent the early onset of other serious health conditions such as coronary artery disease (CAD), stroke, or kidney failure. In fact, research has shown that reducing one’s own perception of stress through relaxation techniques like yoga lowers cortisol production- lowering blood pressure in turn.

#5 Skin conditions

Stress has also been linked with skin conditions, including acne, psoriasis, and dermatitis. In addition, cortisol can cause your body to produce excess sebum- triggering the development of pimples in those prone to breakouts. Psoriasis is a condition where patches appear on different areas of the body; these

lesions are typically red or silvery-white in color and may be accompanied by scales. Stress triggers inflammation, making it harder for the immune system to fight off disease; this leaves sufferers more susceptible to serious infections like HIV (human immunodeficiency virus).

Dermatitis is an inflammation that causes dryness, itching, scaling, and even cracking; chronic stress can make symptoms worse, leading to worsening outbreaks over time if left untreated. If you're experiencing any of these skin problems, it's best to consult a dermatologist who can help treat the issue and relieve some of the stress.

#6 It Can Lead To Addiction

While the initial decision to use drugs or alcohol is usually voluntary, addiction is a complex condition that can quickly take over a person's life. Once addiction sets in, drug use becomes compulsive and chaotic, despite the negative consequences. One of the biggest risk factors for addiction is stress. People under chronic stress are more likely to turn to substances as a way to cope. Additionally, stress can lead to changes in the brain that make a person more vulnerable to addiction. For example, chronic stress has been shown to increase the risk of developing an addiction by altering the brain's reward system. As a result, it's crucial for people struggling with stress to get help before it leads to drug abuse or addiction. Fortunately, many [drug rehab](#) programs can provide treatment and support for people who are struggling with addiction. With the right help, it is possible to recover from addiction and build a healthy, drug-free life.

Stress can have a number of adverse effects on your body, including mental health problems, gastrointestinal issues, high blood pressure, and skin conditions. However, by finding ways to manage your stress levels, you may be able to avoid these health concerns altogether!

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