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Pharmacy

ESSAY ON STRESS AND ITS EFFECTS

Stress is a word of high misconceptions. People believe stress is only physical which is very incorrect. No objection that stress can be in physical form but it is proven that stress comes in another form.

Stress is a feeling of physical or emotional tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge. Stress can be

positive at times , such as when it helps you avoid danger or meet a deadline. Proving that stress isn't only a physical feeling but also mental. In fact stress has different types which aren't all associated with physical activities. They are acute stress, chronic stress and emotional stress.

Acute stress is the type of stress that throws you off-balance momentarily. This is the type of stress that comes on quickly and often unexpectedly and doesn't last too long, but requires a response and shakes you up a bit, like an argument with someone in your life, or an exam for which you don't feel adequately prepared.

Chronic stress is the type of stress that tends to occur on a regular basis.¹ This type of stress may leave you feeling drained, and can lead to burnout if it's not effectively managed. This is because, when the stress response is chronically triggered and the body is not brought back to a relaxed state before the next wave of stress hits, the body can stay triggered indefinitely.

Emotional stress. The pain of emotional stress can hit harder than some other types of stress. For example, the stress that comes from a conflicted relationship tends to bring a greater physical reaction and a stronger

sense of distress than the stress that comes from being busy at work.

Therefore, it is important to be able to manage emotional stress in effective ways.

Strategies that help you to process, diffuse, and build resilience toward emotional stress can all work well, and different approaches can work in different situations.

Stress can be noted on one self through some symptoms.

For example, headaches or dizziness, muscle tension or pain, stomach problems, chest pain or a faster heartbeat, sexual problems, low energy, insomnia etc.

We can also arrange the symptoms in ways that

affect the body/person
physically and mentally.

On the body, stress can
cause symptoms such as
chest pain, change in sex
drive and stomach upset.

On a person's mood, stress
can cause lack of motivation
or focus, sadness and
depression, feeling
overwhelmed etc.

On a person's behavior,
stress can lead to drug or
alcohol use, tobacco use,
social withdrawals and less
exercise.

These symptoms are very
common factors associated
with stress and if one is
going through these all at
once, it's high
recommended that he/she is
stressed.

Here are some causes of stress below:

- being under lots of pressure
- facing big changes
- worrying about something
- not having much or any control over the outcome of a situation
- having responsibilities that you're finding overwhelming
- not having enough work, activities or change in your life
- times of uncertainty.
- Divorce

These factors can or will cause any human being to be stressed, for they may seem not too alarming but actually in fact are very big

catalysts that lead to stress of any kind.

The unnerving part about stress is it is scientifically proven to be unavoidable in ones lifespan but the bright side is it can be managed properly and prevented from affecting a persons life too harshly. Here are some management techniques for reducing stress.

1. Keeping a positive attitude.
2. Accept that there are events that you cannot control.
3. Be assertive instead of aggressive.
4. Learn and practice relaxation techniques; try meditation for stress management

5. Exercise regularly.
6. Eating healthy
7. Organize yourself
8. Take relaxation walks

For stress to be managed properly, one must abstain from some habits. There are unhealthy ways of coping with stress.

These coping strategies may temporarily reduce stress, but they cause more damage in the long run:

- Smoking
- Drinking too much
- Overeating or undereating
- Zoning out for hours in front of the TV or computer
- Withdrawing from friends, family, and activities
- Using pills or drugs to relax
- Sleeping too much
- Procrastinating

- Filling up every minute of the day to avoid facing problems
- Taking out your stress on others (lashing out, angry outbursts, physical violence)

These are negative ways of handling stress which always backfire in the long run and should be avoided or try to be abstained from.

Being inclined is a necessary step for people to be able to handle their stress related problems properly to prevent series and episodes of physical and mental breakdowns

