

Effects of Stress on Human Health

Introduction

Stress has an adverse effect on human health; it leads to numerous health complications if not effectively managed. When stressed, people risk suffering from stress-related complications. According to Ciccarelli & White, 2012, health can broadly be divided as physical health (free of diseases) and psychological health (being able to make sound decisions).

When under stress, an individual's decision making capacity is hampered making the person psychologically unhealthy (Ciccarelli & White, 2012). This paper discusses the relationship between stress and human health.

Stress and health

There are numerous theories and researches on stress and health, they all agree that stress has an adverse effect on human health; the statement goes "a stressed man is an unhealthy man". Although human life cannot be free of stress, it becomes unmanaged stress which causes havoc to human body and mind . According to psychologists, human body is "wired" to communicate with the state of the mind; the communication is meant to protect threats against predators and other aggressors.

The statements predators and other aggressors used to mean life threatening activities or actions which include meeting deadlines, fighting back, reacting to a certain situation, or making life challenging decisions. The challenge facing human kind is failing to understand the right way to manage stress; in most cases the activities they engage in lead to more stress (Ciccarelli & White, 2012).

When someone is stressed for a long period, he or she exposes his body to uncontrolled brain cortisol and other stress managing hormones, which in turn can result in health complications like eczema, obesity, depression, digestive problems, sleeping challenges, and heart diseases.

Human state of mind determines the kind of life decisions they make; in the event that someone is stressed, his or her mind will be hampered from making sound and reliable decision as their mind, soul, and body are not at peace with each other. Some day-to-day health feelings like fatigue, headaches, and boredom can be attributed to the state of the mind; state of the mind is unhealthy with stress.

Stress affects human body, thoughts and feelings, when the above have been affected, then the behaviors and to some extent the personality of an affected person change. When unchecked, stress results in health complications like high blood pressure, heart disease, obesity and diabetes (Ciccarelli & White, 2012).

According to Ciccarelli & White, 2012, the human body responds differently to stress; some people are likely to show fast health deterioration when stressed while others are likely to have slowed health complications. What remains constant is that prolonged stress without proper management will have a negative effect on human health.

Stressed people need to enroll in stress management classes/lessons where they can be trained on basic methods of preventing and managing stress. In the event that an individual is suffering from a certain ailment, and then happens to be stressed, the recovery rate of such an individual is low. There is much connection between the rate of recovery from health complication and stress that the patient has (Ciccarelli & White, 2012).

Conclusion

Stress is a common occurrence in human beings; well-managed stress is of benefit to human beings as it assists when making decisions. However when stress is not managed effectively, it has an adverse effect on human health. Some complications related with ineffective stress management include depression, heart diseases, and diabetes.

References

Ciccarelli, S. K., & White, J. N. (2012). *Psychology*. New Jersey: Pearson Prentice Hall.