

The Social Impact of the Stress Manner

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Abstract

A mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life. Possible causes include a combination of biological, psychological and social sources of distress. Increasingly, research suggests that these factors may cause changes in brain function, including altered activity of certain neural circuits in the brain.

Key elements: Mental and physical health ,depression, postpartum stress ,important of stress.

Research paper -The persistent feeling of sadness or loss of interest that characterises major Stress can lead to a range of behavioural and physical symptoms. These may include changes in sleep, appetite, energy level, concentration, daily behaviour or self-esteem. Stress can also be associated with thoughts of suicide.

“The mainstay of treatment is usually medication, talk therapy or a combination of the two. Increasingly, research suggests that these treatments may normalise brain changes associated with Stress.”¹

Dysthymia is defined as a low mood occurring for at least two years, along with at least two other symptoms of Stress. Examples of symptoms include lost interest in normal activities, hopelessness, low self-esteem, low appetite, low energy, sleep changes and poor concentration. Treatment includes medication and talk therapy.

Stress (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Stress causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.

Stress symptoms can vary from mild to severe and can include:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., inability to sit still, pacing, handwringing) or slowed movements or speech (these actions must be severe enough to be observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

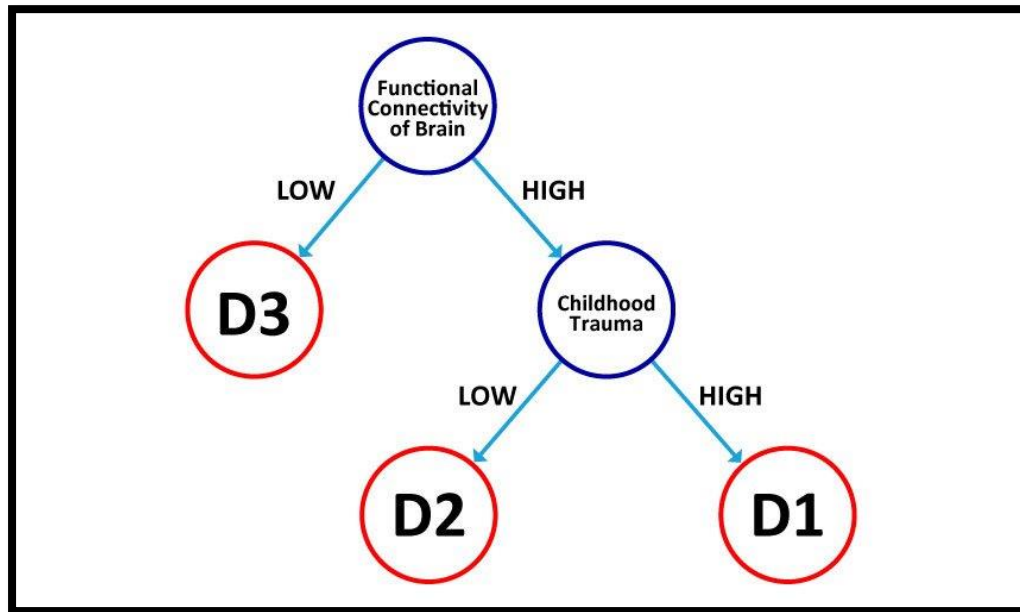
Symptoms must last at least two weeks and must represent a change in your previous level of functioning for a diagnosis of Stress.

“Also, medical conditions (e.g., thyroid problems, a brain tumor or vitamin deficiency) can mimic symptoms of Stress so it is important to rule out general medical causes.”²

Stress affects an estimated one in 15 adults (6.7%) in any given year. And one in six people (16.6%) will experience Stress at some time in their life. Stress can occur at any time, but on average, first appears during the late teens to mid-20s. Women are more likely than men to experience Stress. Some studies show that one-third of women will experience a major depressive episode in their lifetime. There is a high degree of heritability (approximately 40%) when first-degree relatives (parents/children/siblings) have Stress.

Bipolar disorder

- A disorder associated with episodes of mood swings ranging from depressive lows to manic highs.
- The exact cause of bipolar disorder isn't known, but a combination of genetics, environment and altered brain structure and chemistry may play a role. Manic episodes may include symptoms such as high energy, reduced need for sleep and loss of touch with reality.
- Depressive episodes may include symptoms such as low energy, low motivation and loss of interest in daily activities.
- Mood episodes last days to months at a time and may also be associated with suicidal thoughts. Treatment is usually lifelong and often involves a combination of medications and psychotherapy.



Bipolar II disorder

- A less severe type of bipolar disorder characterized by depressive and hypomanic episodes. It involves at least one depressive episode lasting at least two weeks and at least one hypomanic episode lasting at least four days.

Depressive symptoms include sadness or hopelessness. Hypomanic symptoms include a persistently elevated or irritable mood. Treatment includes counseling and medication, such as mood stabilizers.

Postpartum Stress

Stress that occurs after childbirth. Those who develop postpartum Stress are at greater risk of developing major Stress later on in life. Symptoms might include insomnia, loss of appetite, intense irritability and difficulty bonding with the baby. Untreated, the condition may last months or longer. Treatment can include counselling, antidepressants or hormone therapy.

Importance of Stress-

“The depressed person as someone who sulks around their home, refusing to go out, crying in a corner alone. While that is certainly how a depressed person may behave, that depiction doesn't tell the whole story about Stress. Some people go to great lengths to hide their Stress from loved ones, which can delay treatment substantially”³. If you or someone you love is depressed, there are many reasons why treating Stress is absolutely crucial.

People who are severely depressed often experience physical pain proportional to their mental pain. The anxiety and stress that often come with Stress can lead to sore muscles, aching joints, poor digestion and sleep disruptions that cause even more discomfort. While some depressed people write off these symptoms as aging or old injuries, the truth is that the physical pain can be caused by their Stress.

Since Stress can be painful, some sufferers may not seek any medical treatment for their issues until they become dire. Sometimes, this masks serious health issues. For example, a person with Stress may shrug off their back pain only to discover later they've had a serious kidney infection for quite a while. The pain in their belly might not be "just" anxiety; it could be a peptic ulcer. While there's no need to become a hypochondriac, treating Stress removes one possible reason for the pain. Then, if the pain still exists, further diagnostics will be needed to find the cause. Without Stress treatment, pain could be ignored far longer than it should be.

Some people with Stress try to self-medicate their symptoms with recreational drugs, alcohol, or even eating too much food. Many don't even realize they're doing it to try to treat Stress and instead believe they are a "bad" person or morally bankrupt, further worsening their depressive thoughts. Not only can self-medicating be self-defeating, but it's also dangerous. Overdosing, alcohol poisoning, obesity and the subsequent diabetes all pose risks to a self-medicating person, depending on their method of choice. Treating Stress at its source can help take away the urge to self-medicate.

It's fair to say that, for some people, untreated Stress is a terminal illness. Depressed people will sometimes be unable to withstand the emotional and mental anguish of their problem and decide to end their life. Suicidal thoughts or acts may become commonplace, until a person is eventually successful at taking their own life. Entire families and communities have been shattered by suicide, which leads to more victims.

Treating of Stress is an essential part of your healthcare, every bit as important as checking your cholesterol or monitoring your weight. If you or someone you love is depressed, please don't hesitate to schedule an appointment at Cady Wellness Institute in Newburgh, IN. We are committed to helping our patients reclaim mental health and emotional wellbeing. Contact us today to request a consultation to learn more.

History of Stress-

Stress and its unipolar varieties are one of the oldest emotional and psychological illnesses known to man. Currently, the World Health Organization estimates that over 300 million people across the globe suffer from the disease.

*"Symptoms of Stress are behavioral, emotional, and physical. Sufferers experience a marked change in mood, outlook, and habits. They may go from being outgoing and confident, to negative and socially withdrawn. Stress can cause someone to quit their job, stop going to school, or divorce their spouse. The disease wreaks havoc on a person's personal and professional life, and can also cause physical symptoms, such as aches, muscle pains, severe fatigue, and slowed movements."*⁴

Depressive thoughts appeared from the origins of Humanity. They are found in philosophical writings and in literature since Antiquity. They have been approached in a religious or medical way since always, with conceptions which sometimes mixed physiological and mystical explanations. With the advent of psychiatry as a medical discipline, depressive disorder was included in the classifications of mental disorders. In the first half of the 20th century, Stress was only a detectable syndrome in most mental illnesses, psychoses and neuroses, and received no special attention in our societies. Its determinism is designed in a multifactorial way, integrating psychological, social and biological factors.

Stress is often presented as a fashionable disease. It is considered to be the disease of the 21st century. Yet it was already described by Hippocrates in antiquity and it was at the beginning of the 1800s that this term of Stress, of the Latin "depressio" meaning Stress, will make sense with the birth of psychiatry. From this distant period to the present day, it is possible to discover the long journey which is a fact of Stress, a well-defined clinical entity. The aim of this article is to follow the concept of Stress through the ages, from ancient times to the present day; to see how it was built.

*"Melancholy has been known since Antiquity and described as such: "If fear and sadness last a long time, such a state is melancholy," writes Hippocrates in his book Aphorisms [1]. Indeed, Hippocrates, a Greek physician, is considered the first physicist to describe melancholy or Stress clinically"*⁵. In the 5th century BC,

Hippocrates founded the theory of moods. According to this theory, the body contains four moods that each determines our temperament. The four moods are .

- blood: produced by the liver and received by the heart (blood type)
- the phlegm or phlegm or lymph attached to the brain (lymphatic character)
- yellow bile coming from the liver (bilious character, that is to say anxious)
- the black or atrabile bile coming from the spleen (melancholic character)
- These moods correspond to the four elements themselves characterized by their own qualities:
- fire: hot and dry
- air: hot and humid
- the earth: cold and dry
- water: cold and wet

According to the physicist, when the seasons vary, this or that element predominates. In this way, physical and mental health is based on the balance of moods and the qualities that accompany them. Any minor imbalance causes "mood swings", any major imbalance threatens health. By example, autumn, dry and cold, promotes black bile and melancholy.

References

1. Awasthi R.K. Stress. Psychology Alka Prakashan Delhi, 2001 p. 31
2. Ibid, p 26
3. Ibid, p 31
4. Ibid, p 45
5. Ibid, p 66

