Secret Of Stress

Many people go through stress once in their lifetime. Many people have never experienced the strong effects that stress has on the human body. Well, stress is the body's reaction to any challenge or adjustment. In other words, stress is when the mind has to take more than it can handle. Stress can damage any individual’s mind. It can mess up or decrease a person’s immune system. Having stress can have a negative effect on how the body functions. It can affect how we act, our health, our thought, and feelings. In modern times, most teenagers have more stress than in the past decade. Most people don't quite know what stress is, how It affects our health, who can have stress and ways that we can reduce stress.

Hans Selye was the person that discovered the stress condition known as General Adaptation Syndrome (GAS). He was known as “the father of stress”. Vienna, Austria is where Hans Hugo Bruno Selye in 1907. Selye’s father, Dr. Hugo Selye was a Hungarian military physician and his mother was Austrian. Seyle attends school at a Benedictine Monastery and private tutoring. Then, he entered the German Medical School in Prague at the age of 17. Later he earned a doctorate in organic chemistry. Seyle was working for McGill University’s Biochemistry Department in Montreal. Seyle was trying to discover a new hormone with a rat experiment. Instead of discovering a new hormone he notices that the rats had similar symptoms to his patients last year. According to Seyle, “felt and looked ill, had a coated tongue, complained of more or less diffuse aches and pains in the joints, and of intestinal disturbances with loss of appetite.” (brainconnection.brainhq.com). Seyle described what he saw last year when he was in a medical field. He was looking through the data of the various patients, comparing between the rats and human symptoms. There was one significant symptom that stood out Seyle. As time went on Seyle published his theory about stress. Hans Seyle’s discovery has helped people understand why stress affects our bodies. With his discovery, other scientists can dig a little deep about stress and possibly make new medicine in the future. As technology developed scientists can now examine the human body.

When under stress the human body may function differently. Our human body is supposed to protect us and work property. The muscular system will tense up when under stress, the digestive system will produce extra blood sugar and our cardiovascular will pump faster. Central Nervous System(CNS) is where the brain and spinal connect. This control most of the body functions that can include movement, sensation, speech, and ect, also known as “fight or flight”. With this it allows us to move our hands, legs and etc. According to article support from Timothy J. Legg, Ph.D., PsyD, “In your brain, the hypothalamus gets the ball rolling, telling your adrenal glands to release the stress hormones adrenaline and cortisol.” (healthline.com). These hormones go to our cardiovascular and it allows blood rushing to a specific area for us to react. Knowing how our body handles stress can give us better knowledge. This also allows scientists to make medicine that lowers stress. Generation to generation stress is becoming popular.

The word “stress” makes people think of a negative outcome. There are two main stresses: chronic and acute. Acute stress is usually brief. When a person thinks of an upcoming work deadline or is stuck in a traffic jam. Chronic stress is long term stress that can be harmful to our body. This is when a person files a divorce, unemployment, financial problem, etc. Knowing the type of stress can help you find a solution. Having a little bit of stress is a good thing. Stress is

also a warning system, it helps us out of danger when things are unexpected. “Some amounts of stress are good to push you just to the level of optimal alertness, behavioral

and cognitive performance.”, said Daniela Kaufer, associate professor of integrative biology at the University of California, Berkeley. (news.berkeley.edu). Having a little amount of stress can push us to accomplish our goal. People needed to know the difference between acute, chronic, and good stress. Knowing the type of stress you had can help you identify your solution.

Every problem usually has a solution, every solution usually lowers our stress. There are many activities that can lower our stress. These activities can be sports, talking to friends, playing games, and etc. Emma Stone is one of the most famous actresses, she acts, La La Land, The Amazing Spider-man, and etc. She had an anxiety problem when she was younger. Emma started going to see therapy, which helped her overcome her anxiety. (theladder.com). Seeking help can make your life easier in the future. Therapy is one of the solutions that can lower stress. They will guide the individual to overcome their stress and can give a prescription. When trying to handle stress by yourself it can be difficult. Ask a friend, mentor, family or a person that you can trust about your stress. This can lower your stress.

Teenage stress levels have risen up in the past decade. Stress is when our body’s reaction to a challenge. Our function works differently when under stress. Anybody could have stress once in their lifetime, it does matter who you are. There are multiple solutions to lower our stress. So, we as Americans need to look at why students have more stress than any other group. Then we can find a way through this problem.

Works Cited

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