

Stress and health essay

[Health & Medicine](#), [Stress](#)



Our life is full of stress. There is a question how many stress one has every day, month or year. Has it negative impact for one's or not? All her working experience health psychologist, Kelly MCGonigal, made no doubt that a lot of stress is harmful for one's health. But thanks to the last researches there are few discoveries which open new areas in health psychologist's studies.

First of them is: You will get what you believe in. This means dead rate statistic tell us, people who believe in stress suffer from stress more than people who don't. If one had a lot of stress and he doesn't believe that it can be harmful for his body, there is no worry about bad stress impact on his well-being. Otherwise, one can feel bad stress influence on his nervous system as well as on all his body, even if he had less stress than person who does not pay attention for it.

The second discovery is that there are few positive sides of stress. When person get stressed his heart rate increases, this motivates for action. People under stress are breathing faster which brings more oxygen in their brain, which is good. Those who don't believe that stress is harmful for them, seems to feel under it like in moments of joy or even courage.

There is one more amazing discovery. Stress makes human social. There is hormone which produced when you hug someone. This is actually stress hormone. People who spend time helping out their relatives, friends or neighbors do not suffer from stress.

Now than we can make a conclusion that things are influence on you the same way how you are feel about them. If you will change your mind, you will change your body. And if you will choose between full of stress job and

not, there are no matter which one you will pick, there is only matter what you will think about it.