

Stress can contribute to serious diseases

Stress is part of life that comes at any time due to different situations people go through. The public should know a little about stress so that they can learn to overcome it when it comes. According to Dr Timothy J Legg, stress is your body's response to specific situations, which can affect your physical and mental health and behaviour.

However, stress can help you act fast during an emergency or help you meet a deadline. There are three types of stress - the acute, episodic and chronic stress.

Acute stress is the most common type as it is your body's immediate reaction to a challenge. It triggers your fight-to-fight response.

When acute stress happens frequently, it is called episodic acute stress. It is a series of stresses. If episodic acute stress occurs for a long time, it becomes chronic stress. This stress is constant and can come as a result of poverty, a dysfunctional family, an unhappy marriage or even a bad job.

Now, not all stress is bad as some

stress can help people to be active. However, stress is meant to be temporal. As such, your body should return to a normal state after the situation has passed.

The fact is that when the acute stress becomes chronic, it can be detrimental to one's health. It can contribute to several serious diseases or health risks such as heart disease, cancer, lung disease, accidents, and cirrhosis of the liver. It can push someone to commit suicide.
Ivan Wamono,
ivanwamono@gmail.com

RS > WITH STEPHEN OTAGE