

# Stress-Related Disorders

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## **Description**

Signs of stress-related illnesses in people may not be evident immediately following a traumatic event, and once symptoms are present they could continue for an extended period of time. In addition, numerous social stressors that a person faces are repetitive in nature and the increasing effects of several experiences to the stress also need to be considered. Most animal studies of stress, including physical and psychosocial stress, are severe and the time setting for measuring behavioural and physiological values is often less in relation to the time course of stress pathology in humans. Thus, long-term studies using animal models are also vital in determining the etiology and mechanisms for many stress-related pathological conditions in humans.

These traumatic and stressful familiarities contain exposure to physical or emotional ferocity or discomfort, including abuse, neglect or family conflict. Seeing a parent being treated violently can be a traumatic experience, as can being the victim of violence or abuse. Stressors such as parental departure or divorce or even more severe stressors such as emotional or physical neglect result in problems when they are continued or not spoken by thoughtful adults. Even the birth of a sibling can be a stressor that can cause tension for some children.

## **Insomnia**

Struggling with sleeplessness caused stress. The affected person should avoid caffeine, they should have the practice to do exercise at least four hours before going to bed and they must be comfortable with their bedroom temperature and light.

## **Eating Disorders**

So many people react to stress because of their eating pattern that naturally reaches for carbohydrate. While our blood sugar may rise

temporarily, it is sure to fall afterward, often making us feel worse than before.

If we must nibble when stress has us in its catch, we should stick to fibre-containing food. Fibre will make us feel full and keep us healthy too. Having a balanced diet helps to calm our nerves and stay on top of stressful situations.

## **Depression**

Unsettled stress can bring a person irritations or hopelessness, both of which can lead to depression.

If someone feels sad regularly, has trouble thinking clearly, feels unloved, fights with guilt or embarrassment, risks we are suffering with a serious case of depression related to stress. Sicknesses caused by stress may seem dissimilar, but when doctors or counsellors take a closer look, there is a cause and effective relationship between stress and conditions like depression.

Only a doctor or psychiatrist can be able to identify the basis of the stress-related depression and prescribe suitable treatment.

### **Anxiety and Panic Attacks**

Like depression, anxiety disorders and panic attacks frequently have a stress-related connection.

People who struggle with ongoing situations that make them feel uneasy may experience high levels of stress that can manifest in nervousness and fear, seemingly for an unknown cause.

Through careful analysis, it can be discerned whether a stressful situation may be the cause for one of these disorders. If the disorders continue to occur or increase in frequency, it is a good idea to meet with a counselor or psychologist to deal with root issues.

## **Conclusion**

A person naturally stressed when positive or negative involvements temporarily strain or overwhelm adaptive capacities. Stress is extremely individualized and it depends on different factors such as the originality, rate, intensity, extent, time or personal understanding of the input, and genetic or experiential factors. Both acute and long-lasting stress can strengthen illness from anxiety disorders. One person's fun can be another person's cause of stress. For an example, panic attacks are more common when the predisposed person is exposed to stressors. Trauma and stressor-related conditions are sensitive and behavioural complications that may cause from childhood traumatic and stressful experiences.