



## How Does Stress Affect the Body Schema?

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**Received:** November 03, 2022

**Published:** November 24, 2022

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Everyone experiences stress at some point in life: the death of a loved one, a job changes, and even any day-to-day responsibility can trigger stress. And while it is true that the results of many scientific-medical studies support short-term stress as a key element in survival, in the long term the consequences it implies for the body can be devastating.

Irritability, anxiety, depression, headaches and insomnia are symptoms included among the consequences most observed by specialists and referred to symptoms related to the patient's mental state.

According to the American Institute of Stress, adrenaline and cortisol can also affect and weaken various organs of the human economy, since these biochemical substances play a decisive role in the health-disease relationship.

According to an American scientist, there is growing evidence linking stress to somatic illnesses. The rush of hormones released by stress reduces the body's response to foreign invaders: viruses, bacteria, and other pathogens, making it easier for them to enter the body.

People with chronic stress, for example, tend to have frequent flu-like states and are very more exposed to viruses. A psychologist from a British university states that stress has a large number of negative effects on our body, since, when the subject is stressed, they are more susceptible to presenting viral conditions.

The common cold and flu, as well as other infections, are the most common, but stress can also increase the time it takes to re-

cover from illness or injury. If there is one thing that experts agree on, it is that stress is exhausting both for the body and for the mind and spirit.

Therefore, it is not uncommon to have a decrease in libido or sexual desire in times of great stress. Lastly, it is difficult to think of any disease in which stress cannot play an aggravating role or that can affect any part of the body.