

## STRESS: ASSASSIN OF DEATH

by:

**Jing M. Kimpo**

*Teacher III, Lamao National High School*

With these challenging times, being stressed-out is very much common. Even before pandemic, stress is something that often bugs people, but when COVID-19 came, the number of people who were stressed were almost doubled. Stress also affects the body physically; unfortunately, it targets major organs that compromises quality of life. (Pietrangelo, 2020)

### Central Nervous System (CNS)

As people know, brain is the main organ that keeps the body in function; hence, considering it as the most important organ. The CNS is also responsible in signaling the stress hormones to be released. As the body received certain hormones like adrenaline and cortisol to be a battery of support for muscles, the heart, and other parts of the body, when a fear arise, it makes the body consume more energy. When the fear is gone, the brain must signal these hormones to be drained down; however, if stress continues to roam in the body, the hypothalamus fails to drain the said hormones which makes the body overdo its usual production, e.g., over consumption of intake.

### Respiratory System

Being under stress, it makes the body breathe faster. This is to supply the oxygen all throughout the body for the coping mechanism to fear. If ever they already have breathing problems like asthma, it makes breathing harder for them and may put their lives at greater risk.

### Cardiovascular System

While in stress response, the heart pumps faster than the usual to provide oxygenated blood to the body. With this, it may lead the blood pressure to spike up; this might head onto stroke or an abrupt heart attack.

## Digestive System

Under stress, the liver releases glucose also known as blood sugar, more to keep the body energized. This sugar needs to be burned; if not, this may cause Type 2 Diabetes. Also, stress affects the main digestive track. It may sometimes make the food burn slower; consequently, gaining unhealthy fat. Not only that, as the heart pumps faster, this relatively affects the stomach leading to acid reflux or heartburn.

## Muscular System

Muscles tend to be tensed under great pressure. This is to protect the body from incurring an injury; however, if the body is continuously tensed up due to stress, this may cause headache and body pain.

## Reproductive System

There is a difference on the impact of stress on male and female. For males, stress may lower their sperm count, erectile dysfunction, and even impotence. For women, their menstrual cycle will be greatly affected; it may become delayed, cause excruciating abdominal pain, changes the heaviness, and may cause early menopause.

## Immune System

Stress also targets the immune system. Stress hormones weakens the immune system that leads to slower healing of wounds and put the body at risk on account of infection. This also causes common colds, cough, and even viral illnesses.

Stress is, indeed, a silent killer. People must also be mindful of their own mental health to protect their holistic wellness. This is definitely hard to attain, specially, in these stressful times. It is a smaller price to pay than to have the greater risk of damaging the physical body.

*References:*

Pietrangelo, A. (2020, January). The Effects of Stress on Your Body. Retrieved from Healthline: <https://www.healthline.com/health/stress/effects-on-body#Muscular-system>