



## MAIN SIGNS OF A SUFFERING EMOTIONAL STRESS OF A PERSON DESCRIPTION AND NEGATIVE CONSEQUENCES

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### KEYWORDS

Eustress, distress, traumatic stress, chemical stress, macrosocial environment, microsocial environment, education, activity

### ABSTRACT

This article from stress suffering of people main signs open to give, as a result of emotional stress surface coming diseases light up given. Also of stress surface to arrive for the reason according to types, stress to the body of arrival psychological nature about word held.

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Person is not born a person , it is social , natural , technical and technological environment , its life and of activity material and spiritual conditions with mutually in relation to be in the process to the person becomes of the person in formation leader role who plays social case , the following own into takes :

- **macrosocial environment** - social system , state structure of society level of development and his people life and activities provide opportunities ;

- **microsocial environment** is of the person directly contact mutually effect environment : family , friendly company , school class , students team , development output , labor team and others ;

- **education** - of a person formation and development special organize process, first next , his spiritual field . Family education preschool age children in institutions , school , university , work distribution in output; labor , moral , aesthetic , political , legal , ecological , professional , physical and another education ;

- **activity** - game , study , work release and labor , scientific . Activity different in the process to species , social to communications and to relationships introduction ;

- **social mutually the effect** of his all diversity , other people with communication to do ;

Human mental development depends natural factors : human life and of activity climatic , geographical , geophysical , space and another are the conditions . In this life man sometimes himself lost to put great complicated to problems face will come . Sharp from the situation exit possible as if not it seems So while , at work and in life , in society heavy to sales face When someone comes his own the way not to lose can We think it is the first in line own to the power believed , spiritual the world strong has been only human such from the situation bright face with come out takes. Today in the day of the person spirit health main attention focused from issues to one has become being , this of understanding at the core psychological literacy lie down to many known . Psychological literate of people mostly part today's in the day called "stress". term under how meaning and content that he is lying to know are interested . Accordingly this to the matter about psychological approaches and thoughts for many interesting to be it is natural .

Current term stress at the moment with one " emotional stress" in the line " psychological stress", " informational stress", " professional stress", " injury ". last stress " and etc of terms a lot being used of this is proof .

**The following types of stress in psychology according to the reason for their appearance separated:**

**Eustress (Constructive)** - a positive and joyful event in a person's life is a stress that occurs as a result of events.

**Distress (Destructive)** - In human life A negative, sad event is stress caused by events. (Negative stress caused by various conflicts in society).

Cause distress release to the source according to types :

- Traumatic stress ( Injury or disease due to )

- Spiritual stress ( Miscellaneous problems and to know in the process disorders)
- To behavior about stress ( Default of order disturbance of sleep disorder )
- Chemical stress ( Chem substances and gases as a result harvest divisive stress)

Stress to the body of arrival psychological nature as below invisible will be

a. Man He was not in it dangerous to situations **objective** respectively approach, subjective from the side natural respectively from the head did not conduct for he doesn't feel it .

b. Man for there is situation safe though but subjective from the side Dangerous why? a person himself this as stress acceptance does \_

Permanent anxiety , depression in case walk , sometimes this circumstances never without any reason surface comes. Bad , restless sleep, depression , physical weakness , headache , fatigue , any thing to do dislike \_ Attention decrease , this reading or to work makes it difficult . In memory problems and thinking of the process slowing down. Rest get , work and problems one aside pushing sheep not get To others , even the most good to friends , family and near to people of interest lack of Permanent appear to be cry , eye young spilling , frustration , disappointment , self pity feeling \_ Appetite decrease — sometimes while on the contrary : food excess eat send \_ Most of the time nervous habits develops : person lip bites his nails bites and so on . A person's indifference to people distrust appear will be

Some of "stress" in cases definition of the instigator to himself is relevant . For example , it is physical strong Cold or endure which cannot be heat , atmosphere pressure decline or increase as a result surface coming can \_

The concept of chemical stress under all toxic of substances effect is understood . Mental stress is extreme negative or positive emotions \_ result to be can \_ Injuries , viral diseases of muscles excess load — biological is stress .

Someone person emotional from stress suffering that he smokes the following characters with your understanding can :

- Anxiety for no reason;
- Internal stress;
- Increased bitterness;
- Aggressiveness;
- Inadequate perception of unpleasant situations;
- Depression ;
- Whimsical;
- Not being able to control yourself, your actions and emotions;
- Decreased memory and attention;
- Apathy, lack of joy and enjoyment of what you love ;
- Constant fatigue;

- Decreased performance;
- Sleep disturbance;
- Dissatisfaction;
- Changes in appetite;
- Behavior and the world perception of reaching violation \_

Chronic spiritual stress continuously conflicts as a result a person in the organism different different diseases risk puts \_ Arterial hypertension . These are arteries to the walls against raised and harmful blood pressure . High blood pressure one how many there are reasons can \_ But stress factors movement of pressure to increase take to come doubt no . Hypertension etiology main from the factors one emotional stressors \_ is considered That's why for hypertensive patients for education programs stress manage methods to learn own into takes \_ Blood veins and ischemic heart disease \_ Blood of flow stuck stay or in the brain blood veins rupture as a result blood vein appear it will be oxygen lack of and nerve of cells to his death take will come . Blood veins paralysis , speech violation , and even to death take coming can \_ Stroke is high blood pressure , stress and another one series reasons with is believed to be related .

Your heart ischemic disease (CHD) and of his stress level increase with dependence stress factors under the influence of stress mechanisms activation with explained : heart hit of speed increase , blood pressure increase in the body the liquid holding stand up Heart attack usual victim - in the mouth cigarette held , alcohol drinks with stress alleviating excess worked , plus weighty is a human being

In summary in place we say maybe the world health storage organization information according to all 45 percent of diseases with stress depends and some of experts I think it is the indicator is 2 times a lot in the USSR the eightieth in years conducted to research according to polyclinics visit 30-50 percent of orders in practice healthy people they are \_ only emotional situation to improve need \_ Long abroad developed , relatively stable countries situation a little better \_ For example , American "Psychology Today" magazine to the materials according to Japanese teachers about 40 percent , Great in Britain of workers out of five one part and in the USA hired 45 percent of workers from stress suffering they smoke. Above statistics from the data apparently to stress tolerance provide on work the whole world is a problem .

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