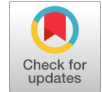


Comprehensive Review of Stress and its Consequences

Ritusmita Basu, Sakib Alam Halder



Abstract: Stress is a part of everyone's life, which can notoriously affect physical and mental health at the workplace. It may have both beneficial and harmful effects at different times. The analysis of various methods for managing stress in medical facilities will be the primary focus of this research. Regardless of upbringing, major, family circumstances, or education, being able to manage stress successfully is arguably the most crucial ability for maximising experience and achieving our best work. According to numerous studies of college learners, including those by the American College Health Association (2009), the Chronicle of Higher Education (2008), and The Associated Press (2009), 85% of them report that stress is a significant issue and the primary barrier to success. The stress levels and general well-being of health services workers are considerably reduced by managerial measures such as regulating workloads, cooperative management, and fostering a positive work atmosphere. These therapies recognise the importance of the work environment and policy, and emphasise the significance of holistic methods in stress management. The origins, consequences, and symptoms of stress are highlighted in this article, which may help individuals learn alternative, beneficial ways to manage stress.

Keywords: Depression, Neurotransmitter imbalance, Mental Health, Anxiety

I. INTRODUCTION

Stress is a sensation of pressure or worry that results from a challenging or demanding situation. Stress is a natural human response that causes us to feel uncomfortable and increases our risk [1]. Everybody has stressful times. However, how we respond to stress has a significant impact on our financial standing. "The ability in a person to form positive relationships with other people and to join in or serve meaningfully to improve the social surroundings" is the definition of psychological wellness given by the WHO expert council. Symptoms of common mental disorders include exhaustion, resentment, sleepiness, and headaches [2]. Although a small amount of stress is beneficial for our careers, promoting productivity, and aiding in the complete fulfilment of our dreams or project work in terms of

workforce, it is essential to strike a balance. Stress is a natural part of life, and it can arise in challenging situations, such as job interviews, work, excessive workload, unprofessional work patterns, and family discord [3].

II. RESEARCH OBJECTIVES

- To identify the source of stress in the human mind and to find out the way to manage stress.
- To promote a healthy lifestyle that helps rid the body of illnesses like depression and anxiety.
- To establish a calm and energetic environment which reduces the workplace workload and personal life stress.

III. METHODS USED

We have taken the following data from several search engines and journals. For review and study, we used various articles on the effects of stress Management, improving a nutritious life, stress management guides, stopping overthinking, yoga, and stress management.

The objectives of these articles, which aim to enhance healthy living, pique human interest, and promote stress management, were included in the current review of articles for the study.

The types of articles include descriptive reviews, systematic reviews, and qualitative and descriptive studies.

A. Types of Stress:

- Acute Stress:** This kind of temporary tension lasts for a short time. It might have both positive and negative effects. Everybody experiences extreme tension from fighting with a loved one from time to time. It aids in managing unfavourable circumstances [4].
- Episodic Acute Stress:** This type of stress occurs when it is experienced frequently and repeatedly. This cannot give calm and peace. Again, it can return to life. Specifically, job-related stress and marital conflicts in personal life. These kinds of problems never create a positive mindset [5].
- Chronic Stress:** This type of stress refers to an ongoing process lasting weeks or even months. Chronic stress comes from marriage issues and financial challenges. As a result, find out how to resolve problems to avoid avoidable health issues [5].

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Table-I: Table Shows the Kind of Symptoms Due To Stress [13]

Mental Symptoms	Emotional Symptoms	Physical Symptoms	Behavioural Symptoms
Unable to concentrate	Restlessness	Back or neck pain	Increased alcohol
Constant perplex	Short temper	Rapid heartbeat	Appetite changes
Trouble of thinking	Do not have patience	Sweaty palm	Tearfulness
Memory loss	Self-isolated	Cold or flu	Disruption in sleeping patterns
Decision making problem	Frustrated	Fatigue	Consumption of smoking
Poor management	Agitated	High blood pressure	Tachycardia
Studies pressure	Short temper	Headache	Disruption in sleeping patterns



[Fig.1: Symptoms of Stress and Affect Body]

source: <https://www.grwhealth.com/post/chronic-stress-causes-effects-and-how-to-handle-it/>

B. Causes of Stress in Life:

Managing stress begins by identifying the factors that cause stress in our lives. This is not as simple as it seems. Recognise significant stressors, such as switching jobs, relocating to a new place, and experiencing divorce. Identifying the causes of ongoing stress can be more challenging [8].

C. Some Major Life Events that Can Cause Stress Are:

- Dissatisfaction with the job
- monetary issues
- Obesity
- family issue
- sickness [6]

D. Other Causes of Stress Are:

- Failure of pregnancy.
- Overconfident about driving a car
- Create problems with family members
- Profuse sound, air pollution, overcrowded
- self-comparison with others [7]

E. Techniques to Manage Stress:

Stress is a normal reaction to issues or dangers. Our bodies are designed to handle stress healthily. Since Chronic anxiety may be detrimental to our state of mind and body, it is essential to understand how to handle stress via daily coping mechanisms. Let us examine some stress reduction strategies [5][6]

The following keys may help manage stress:

F. Entertainment Tools:

- We should think about ourselves entirely easily and

enjoy the feeling.

- Picture a calm, serene setting.
- When we have done the work, think positively and comfortably.
- We should be mindful of our mental state at all times.
- Imagine ourselves at ease and relish the feeling
- For 15 minutes, keep going in the same manner. After that, stop paying attention to the breathing and simply remain silent. Before starting the work, wait 5 minutes [6].

G. Adapt Changing tools:

- Need to talk to a close friend and discuss the present situation. Their guidelines can show the path and help them emerge from the present threatening situation.
- Need support for team members at the workplace through conversation on how to deal with the manager to accomplish work with a group and achieve better results with improvement for the organisation.
- Be transparent and open-minded, always ready to seek assistance from available resources.
- Be optimistic to learn things rather than expecting results [10].

H. Recognise the Smoking and Drinking Habits

- Continuous and immediate disorders of the mind and body may be brought on by both alcohol and tobacco. Even though they may seem to offer temporary comfort. Alcohol is a depressant, while nicotine produces cravings [11].

I. Maintain a Nutritious Diet

- Eating a healthy diet helps improve physical and mental well-being. Certain foods have the power to improve mood, regulate hormones, and boost vitality. We must drink a lot of water to stay hydrated. Eats a diet rich in lean meats, complex carbohydrates, veggies, fruits, and whole grain foods [11].

J. Maintain Exercise

- Being physically active can significantly reduce stress levels and keep you rejuvenated. Additionally, it helps increase self-motivation and boosts energy [10].



IV. IMPACT ON HEALTH

Chronic stress has physiological effects such as immune system suppression, muscle tension, digestive disorders, and cardiovascular problems, all of which increase the likelihood of serious long-term health problems. A significant threat to

psychological conditions, including

Depressive and anxiety symptoms are a result of ongoing stress. People who experience continuing stress may develop harmful coping strategies, which can exacerbate their health problems [9].

Table-II: Condition of Physical Health Due to Stress

Body System Involve	Health Issue	Cause
Circulatory System	<ol style="list-style-type: none"> 1. Elevated blood pressure 2. Heightened heart disease risk 3. Increased risk of heart attack or stroke 	<ul style="list-style-type: none"> ▪ Hormones such as adrenaline and cortisol, released during stress, raise both heart rate and blood pressure [4] ▪ Persistent stress promotes inflammation and elevated cholesterol levels. ▪ Chronic stress heightens the chances of sudden cardiac incidents [4]
Immune System	<ol style="list-style-type: none"> 1. Compromised immunity 2. Delayed recovery 	<ul style="list-style-type: none"> ▪ Persistent stress can reduce immune function, thereby increasing susceptibility to infections. ▪ Stress can exacerbate problems like injuries, and post-surgery symptoms can linger in the body [4]
Gastrointestinal System	<ol style="list-style-type: none"> 1. Stomach discomfort 2. Changes in appetite 	<ul style="list-style-type: none"> ▪ Stress may lead to nausea, vomiting, trigger irritable bowel syndrome, ulcer, gastroesophageal ▪ This may result in excessive eating or taking food in tiny quantities [4]
Nervous System	<ol style="list-style-type: none"> 1. May change regular brain structure 2. Create neurotransmitter imbalance 	<ul style="list-style-type: none"> ▪ Affects memory and also creates fear and anxiety. ▪ Chronic stress decreases serotonin and dopamine levels, which leads to long-term depression [4]

Table-III: Condition of Mental Health Due to Stress

Effect on Emotion	Feeling down, agitated, anxiety, memory loss, mood change, loss of sleep [12]
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Table-IV: Condition of Behavioural Health Due to Stress

Maintain an Unhealthy Lifestyle	<ul style="list-style-type: none"> ▪ Aloof from social interaction ▪ Smoking, drinking, excessive eating [12] ▪ Demotivation creates new things [12]
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V. CONCLUSION

In conclusion, stress is a ubiquitous term in our lives. Effective stress management can keep the body healthy and rejuvenated. Chronic stress can have a profoundly damaging effect on the nervous system. Understanding the reasons for stress and employing healthy stress management techniques, such as yoga, exercise, swimming, walking, and a nutritious diet rich in fruits and dairy products, is effective for our bodies, helps better manage emotions, and improves the overall quality of life. Listening to songs, reading a book, and meditating can help keep depression away. Depression comes from anxiety, tension, and overthinking, as it is a chronic disease if depression persists for a long time, which can lead to suicide.

DECLARATION STATEMENT

After aggregating input from all authors, I must verify the accuracy of the following information as the article's author.

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- **Data Access Statement and Material Availability:** The adequate resources of this article are publicly accessible.

- **Author's Contributions:** The authorship of this article is contributed equally to all participating individuals.

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AUTHOR'S PROFILE



Ritusmita Basu BBA (Hospital management), MBA (operation) from NIMS University, PhD in healthcare management from Mansarovar Global University at Bhopal. Currently serving as an assistant professor at ILEAD College under MAKAUT University, Department of Hospital Management and having 6 years of industrial experience as a Floor coordinator and 3 years of experience in academics. A unique blend of vision, innovation, and collaboration characterises leadership skills that inspire and empower teams to drive success and excellence. Her contributions to academia, research, and industry have earned her recognition and respect from both her peers and students. And inclining others to pursue goals with renewed energy and purpose. An aspect of shaping the future of education and healthcare management is inspiring a new generation of leaders and professionals to make a positive impact in their respective fields. I have a deep research interest in public health, digital health, and contemporary issues in healthcare management.



Sakib Alam Halder is a dedicated academic and healthcare professional with a strong foundation in medical laboratory sciences. He holds a Bachelor's degree in Medical Laboratory Technology (BMLT) from the prestigious School of Tropical Medicine, Kolkata, and a Master's degree in MLT with a specialization in Microbiology from the West Bengal University of Health Sciences (WBUHS). Currently serving as an Assistant Professor in the Department of Allied Health at ILEAD College, affiliated with MAKAUT University, Sakib brings over three years of academic experience. He is passionate about teaching, driven by a commitment to innovation and research, and actively engages in nurturing the next generation of healthcare professionals. With a deep interest in microbiological research and diagnostic sciences, Sakib Alam Halder aims to bridge the gap between theoretical knowledge and practical application, fostering a learning environment that inspires curiosity, critical thinking, and scientific exploration.

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