



## How does Stress Affect the Body's Scheme?

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### Editorial

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### Abstract

In this communication, the author explores the relationship between stress and body schema, and exposes the interstices in which this relationship is structured, in which not only physical aspects intervene, but also biochemical, psychological and spiritual ones.

**Keywords:** Stress; Body Schema; Brain Biochemistry; Biopsychosocial-Cultural and Spiritual Unity

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### Editorial

Everyone suffers from stress at some point in their life: the death of a loved one, a change of job, and even any daily 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 has on the body can be devastating.

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

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

For American scientist, there is growing evidence that links stress with somatic diseases. The flood of hormones released by stress reduces the body's response to outside invaders - viruses, bacteria and other pathogens - making it easier for them to enter the body. People with chronic stress, for example, often have frequent flu attacks and are much more exposed to viruses.

A psychologist at a British university says that stress has a host of negative effects on our bodies, since when we are stressed, we are more susceptible to viral infections.

The flu and the common cold, as well as other infections, are the most common, but stress can also increase the time it takes to recover from illness or injury. If there is one thing that experts agree on, it is that stress is exhausting for the body, mind and spirit. Therefore, it is not at all unusual for libido or sexual desire to decrease during times of great stress.

Finally, it is difficult to think of any illness in which stress cannot play an aggravating role or that can affect any part of the body.

