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Abstract

There is no denying the fact that stress is a psychological and physiological response to the human body not meeting its demands. It can be assumed that stress is a condition in which the mental health of a person is not in good condition. Stress affects a person's thoughts, feelings, behaviour, daily functioning and physical health. It is a fact that a little stress can be good as it motivates human beings to perform better. However, excessive stress due to persistent challenges can impair a person's ability to deal with challenges. It can be recognized that prolonged stress affects not only mental health but physical health as well. Due to high levels of stress the human body automatically increases blood pressure, heart rate, respiration, metabolism and blood flow to the muscles. It is a fact that stress can increase the risk of mental illnesses such as stroke, heart attack and depression. The purpose of this study is to analyze the effects of stress on mental health. Thus, this research paper attempts to explore the effects of stress on human mental health.

Keywords: Stress, Mental Health, Depression, Psychological.

Introduction

Mental health is not just a concept that refers to the psychological and emotional well-being of an individual. Rather it is a state of psychological and emotional well-being where a person is able to use his cognitive and emotional abilities, meeting the normal demands and tasks in society. Mental health includes emotional, psychological and social well-being. Mental health affects human body ability to think, understand, feel and act. Despite such a large number of mental patients, it is not yet recognized as a disease in India, even today mental health is completely neglected here and it is considered to be imaginary problem. While the truth is that just as physical diseases can be harmful to us, mental diseases can also have an adverse effect on our health. Physical changes are also considered a cause of mental disorders. Actually, due to physical changes like adolescence, puberty, old age, pregnancy, the chances of mental disorders increase. In fact, in the Indian society, mental illness has always been a neglected issue, both at the public and private levels. The attitude of the society towards mental health challenges is not only rude, but it is also a neglected subject in the eyes of the government.

Man is a social animal. His activity and position in society depends the most on mental health. Mental health is also an active and stable feature of our daily life which is reflected in our daily activities. In short, mental health is a process of life adjustment that involves compromise, adjustment, growth, and continuation. Mental health problems are increasing day by day in the country. In such a situation, it is necessary that the above capabilities

should be developed and resources should be increased to deal with it. Mental health is a major determinant of quality of life as well as social stability. Prejudice and social stereotypes have further complicated the problem of mental health. The rapidly changing environment in recent times has had a great impact on our mental development. Sometimes our mental condition becomes so weak that other diseases also arise from it.

A person suffering from mental disorder also becomes a victim of loneliness due to neglectful behavior of society and family. Due to loneliness, he is not able to share his thoughts with others; in such a situation that person either harms himself or others. If a person suffers from any mental illness once, then he has to live with this tag for the rest of his life. Even today in India, it is very challenging for such people to connect with the mainstream of the society. The state of mental health in India demands proactive policy intervention and resource allocation by the government. We need measures to train and sensitize the society to reduce the stigma towards mental health. India is in constant need of funds to educate and create awareness about mental health and its related issues.

Effects of Stress on Mental Health:

It can be assumed that stress has a psychological effect that can manifest as irritability, aggression, feelings of loss of control, insomnia, fatigue, exhaustion, sadness, tears, concentration and memory problems. It can be assumed that constant stress can lead to other problems, such as depression, anxiety and irritation. Emotional stress can also be caused by some kind of grief or

traumatic event. Some people who are stressed may show relatively mild outward signs of anxiety. The things around us have an impact on our mental health, resulting in a decline in mental health. People facing mental stress are not given enough attention. Those who express problem are declared as weak person.

Stress hormones can contribute to severe feelings of anxiety, feelings of helplessness and a sense of distress. The unhappy thought patterns that lead to stress can also make people vulnerable to feelings of intense anxiety. However, too much stress can cause negative effects. This can leave human being in a permanent phase of stress. In the long run, stress can affect our physical and mental health. Stress has many effects on the human nervous system and can cause structural changes in different parts of the brain and human body. Chronic stress can lead to atrophy of brain mass and lead to weight loss. Stress can be either an aggravating factor for many diseases and pathological conditions.

Physical exercise can help the human body to manage the effects of stress by producing mood-boosting endorphins. It can be hard to motivate yourself to dilute stress. Stress can also be the cause of illness, either due to changes in your body, due to overeating, smoking and other bad habits that people use to deal with stress. Stress hormones affect your respiratory and cardiovascular systems. The economy also suffers greatly due to mental health issues not being addressed properly. This not only harms the human capital of the country but also worsens the economic condition of the affected person, as the facilities available for the treatment of this disease are relatively expensive.

Conclusion

Stress has become a major national health concern. Stress can cause mental health problems. Stress is not generally considered a mental health problem. Sometimes, a little stress can help us accomplish tasks and feel more energized. But stress can become a problem when it persists for a long time. In some cases, stress can affect our physical and mental health. Symptoms of stress can affect your body, your thoughts and feelings, and your behavior. Meditation can create a deep state of relaxation and a calm mind. During meditation, a person can focus and eliminate the confusing thoughts that can boggle mind and cause stress. Stress can greatly affect a person's health and thus it becomes important to seek professional help. To ensure that all people's mental health is taken

seriously and mental health is addressed in a serious and respectful manner.

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