

MENTAL &

EMOTIONAL

IMPACT OF

STRESS

Researchers in the field of (PNEI) psycho-neuro-endocrio-immunology study the ways in which the immune, endocrine and nervous systems all communicate with each other and how this impact people's mental and emotional health.

Even though the field is relatively new, many studies have been designed to examine the influence of immune and nervous systems on psychological consequences of stress.

This research suggests that chronic stress can lead to or exacerbate mood disorders such as depression and anxiety, bipolar disorder, cognitive (thinking) problems, personality changes and problem behaviours.

By products of stress hormones can act as sedatives.

When such a hormones by products occur in large amounts, which happen under conditions of chronic stress, they may contribute to a sustained feeling of low energy or depression.

Habitual patterns of thought which influence appraisal and increase the likelihood that a person will experience stress as negative, such as low self-efficacy, or conviction that you are incapable of managing stress can also increase the likely hood that a person will become depressed.