

experienced by the couple may help reduce the physical and mental effects of the stress experienced.

The Effects of Stress on Health

Few people will deny being stressed at least once in their lifetime, but for many, stress can be ongoing and unbearable. Chronic stress can contribute to a myriad of mental health and physical health issues. Research has linked high stress levels to:

- Insomnia or hypersomnia
- Reduced or increased appetite
- Self-medicating with drugs or alcohol
- Changes in mental health
- Decreased productivity and enjoyment at work
- Decreased intimacy
- Migraine headaches
- Chronic pain
- Anger issues
- Depression
- Anxiety
- Decreased enjoyment in social activities
- Heart attack and stroke

When these complaints occur as a result of stress, they may often clear up as the stressful situation is resolved. However, they can become serious, and treatment from a doctor or mental health professional may often be necessary, especially if stress persists.

Therapy for Stress

When the stress of life leads to drug abuse, chronic physical ailments or pain, an absence of pleasure or relaxation in life, or when it affects one's well-being negatively in any way, it may be helpful to meet with a mental health professional to receive treatment for the manifested symptoms of stress and work through the issues causing it.