

RELATIONSHIP OF
STRESS & ILLNESS
壓力與疾病的關係



STRESS REACTIONS

(受壓反應)



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graph TD; A[STRESS REACTIONS (受壓反應)] --> B[PHYSICAL (生理)]; A --> C[PSYCHOLOGICAL (心理/精神)];
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PHYSICAL (生理)

- INCREASED BLOOD PRESSURE
(血壓增高)
- PALPITATION
(心跳加速 / 心悸)
- HORMONAL CHANGES
(荷爾蒙分泌失調)
- INSOMNIA (失眠)
- GASTROINTESTINAL UPSET
(腸胃不適)
- VARIOUS PAINS & ACHES
(各種疼痛)

PSYCHOLOGICAL (心理/精神)

- ANXIETY (焦慮, 緊張)
- DEPRESSION (抑鬱)
- IRRITABILITY / ANGER (發怒)

STRESS & ILLNESS

(壓力與疾病的關係)

↑
STRESS

PSYCHOMATIC DISORDERS (身心症)

E.G. DYSPEPSIA (胃痛)
NEURODERMATITIS, URTICARIA (皮膚炎, 風疹塊)
HEADACHE (頭痛)
IRRITABLE BOWEL SYNDROME (腸易激)
INSOMNIA (失眠)
NEUROGENIC PAIN (神經痛)

PSYCHIATRIC ILLNESS (精神疾病)

E.G. NEUROSIS (精神官能症 / 神經衰弱)
MOOD DISORDERS (情緒病)
PSYCHOSIS (嚴重精神病)

壓力 Stress

腦部及神經系統

頭痛、感到絕望、神疲乏力、神經質、容易悲傷、易怒、神經過敏、精神難以集中、難以入睡，精神科問題諸如焦慮和抑鬱等。

免疫系統

抗病及復元的能力下降。

心臟

心跳加快、血壓上升、心臟病發的風險增加。

胰臟

糖尿病風險增加。

胃部

噁心、胃痛、胃灼熱。

腸臟

肚瀉、便秘及其他消化道毛病。

生殖系統

女性－經期紊亂或經痛加劇、性欲減退。男性－陽痿、性欲減退。

Brain and Nerves

Headaches, feelings of despair, lack of energy, nervousness, sadness, anger, irritability, trouble in concentrating and sleeping, mental health problems such as anxiety disorders and depression.

Immune System

Lower ability to fight or recover from illness.

Heart

Faster heartbeat, rise in blood pressure, increased risk of heart attack.

Pancreas

Increased risk of diabetes.

Stomach

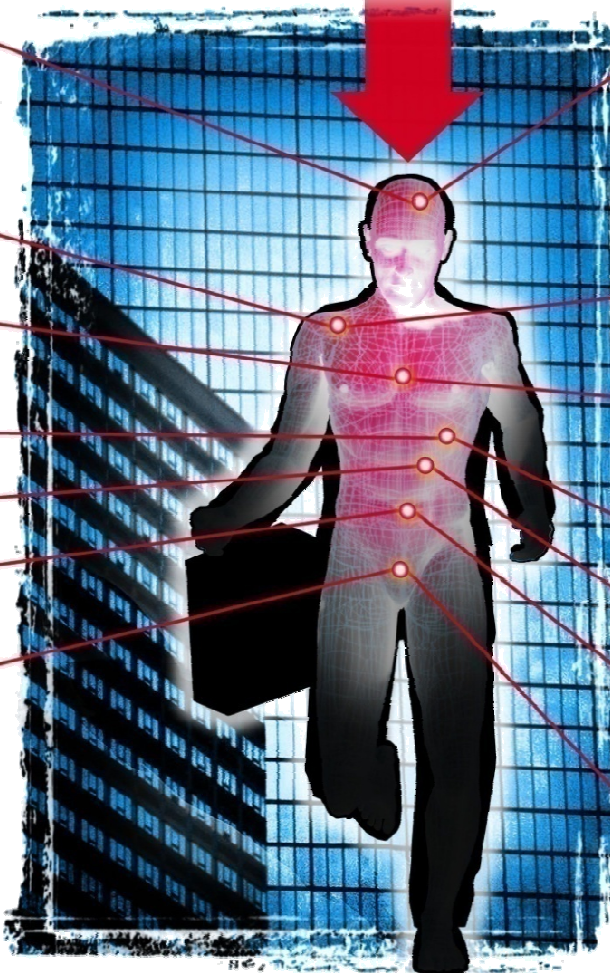
Nausea, stomach pain, heartburn.

Intestines

Diarrhoea, constipation and other digestive problem.

Reproductive System

For women-irregular or more painful periods, reduced sexual desire
For men-impotence, reduced sexual desire.





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