



## Psychotherapy reduces friction and stress in Human body

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### Introduction

Stress is often defined as a bodily response to the demands of life. But there are also emotional and mental aspects of stress. It is experienced as thoughts and feelings as well as in the body. Another way to define stress could be as an internal and conditioned response to external pressures. Mental health professionals often help people reduce and manage their stress. They can also help people work through other mental health issues that have developed while coping with high levels of stress over a period of time. The American Institute of Stress calls stress “America’s leading health problem.” In many cases, the stress Americans experience today is a response to psychological threats. Some of these threats might be losing a job or looking for employment, the death of a loved one, or relationship issues. Any of these can occur more than once in the course of a life.

Stress evolved in the form of a fight or flight response. This response was a reaction to physical threats on one’s life. The fight or flight response causes the physical aspects of stress, which appear when adrenaline and cortisol are released into the bloodstream. These hormones cause increased blood flow, clotting, and elevated heart rate, blood pressure, and blood sugar.

The stress response is immediate and uncontrollable. Someone with high stress levels may experience these physical aspects several times throughout the day. Consistently high levels of stress can cause people to develop conditions such as hypertension, stroke, diabetes, chronic pain, and heart attacks. The Holmes-Rahe Stress Inventory indexes common stressful events and uses a numerical value to rank them. It uses these values to determine a person’s potential for becoming ill as a result of stress. For most people, stress is a part of life that is not going anywhere. But it may be easier to manage in smaller amounts, especially when other factors help mitigate it. A marriage, for example, is generally considered to be a happy event.

Though it can be stressful to plan and prepare for the ceremony, the excitement experienced by the couple may help reduce the physical and mental effects of their stress. Individuals may start using an unhealthy coping mechanism to lessen physical, mental, or emotional pain caused by stress. However, continued self-medication or self-soothing using the method may then lead to a reliance on it for coping with stress. In the case of addiction, this can lead to more stressful life events, like physical illness or unemployment. Other unhealthy coping mechanisms may cause people to develop mental health issues as a result of feeling hopeless, isolated, or ashamed.

Reduced stress is a benefit often gained through massage. Stress can be both physical and mental. Stress can physically occur within muscles after injury or overuse causing a buildup of tension resulting in an increase in pain. Stress can occur mentally due to restricted movement, pain or injury. Mental stress is caused by a hormone called cortisol which can also increase anxiety and depression. Where small amounts of stress can be good for a person, too much stress can cause pain, fear of returning to sport or injury and self-doubt. Our massage therapists at Physio.co.uk reduce stress through massage to help increase relaxation, reduce pain and improve a person's overall mood.