

What Are The Effects Of Anger And Stress On Your Health

Recent studies on emotional state and health suggest keeping a positive emotional balance is as important as a healthy diet. Experts at the University of California discovered the anger you keep inside, along with other emotional unbalances trigger complex biochemical reactions in the body that leave us more susceptible to sickness and disease. Holding in anger over time can cause depression and people who hold in a lot of anger are more at risk for illnesses, especially immunological disease (auto immune diseases), including rheumatoid arthritis.

A test was performed on subjects at UCLA with anger and response. Those subjects who kept their anger inside experienced a decrease in immune system activity, but those who expressed their anger showed no chemical change in their bodies. Pent up anger is not the only kind of anger that is dangerous to your health, according to Duke University, students who had low hostility scores had one quarter less chances of having coronary heart disease than those who scored higher in hostility levels.

Those who response violently to stressful situations experienced biochemical changes that are just as destructive to the body and these violent reactions may elevate serotonin levels in the body. Studies with mice and serotonin levels showed that mice with higher levels of serotonin were more aggressive than those with lower levels; more studies need to be done to determine if humans respond in the same way but theoretically speaking serotonin can increase aggressiveness in humans as well. One study on students at Harvard Medical School that was going on for forty five years suggested that health and happiness in older age was directly related to how well those individuals got along with their parents while they were younger. Those students who had a stronger family relationship were happier forty five years later when the University followed up on how they were doing later in life.

Researchers suggest that individuals should reduce their stress levels, keep family relationships going strong and spend more time socializing with friends. Pent up anger can cause a lot of stress on a person and stress can cause health issues as well. Stress can cause all sorts of problems starting with migraines, headaches, digestive problems and memory loss. Depression from pent up anger will cause stress, which in turn can disrupt sleep patterns and eating habits further stressing the body. To combat stress and anger, exercise on a regular basis. Also, taking brief five minute breaks after someone made you angry to reflect and relax before continuing the day at work or home. Writing down your thoughts on paper can help release some of that pent up anger some researchers say.

If you work in a high stress job, taking supplements like a b complex can help restore the adrenal glands. Your adrenal glands produce the fight of flight hormones, continuous anger and stress will tax the adrenal glands and a b-complex vitamin can help restore those over worked adrenals naturally. Supplementing with herbs such as St. john's wort and kava kava can help reduce stress and anxiety. Excess stress and anger can lead to anxiety as well. Always consult your doctor if you have questions about herbal supplements and medication. Stop into your local health food store or shop online for supplements like St john's wort, b-complex vitamins, or other stress supporting supplements.

About the Author

Visit VitaNet Health Foods, VitaNet sells high quality supplements like Source Naturals [Stress Formula with Herbs](#) to help manage stress. Please link to this site when using this article.

Source: <http://www.healthcrazed.com>