

THE RELATIONSHIP BETWEEN STRESS, SURVIVAL, AND ILLNESS

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PARTS OF YOUR STRESS RESPONSE	SURVIVAL VALUE IN FACING DANGER	STRESS RELATED SYMPTOMS & ILLNESS
Muscles tense to prepare for fight or flight	Faster reaction times and a 'shield of sorts' to penetration	Muscle contraction, headaches, backaches, clenched teeth, fibro myositis, chronic pain syndromes
Increased adrenaline secreted into the bloodstream	Mobilizes resources for rapid action	Irritability, anxiety disorders and insomnia, alcoholism, overeating
Blood supply to the gut is curtailed, once it is not immediately needed for digestion	Blood shifts to large muscles as digestive activity is decreased	Dry mouth, butterflies, stomach aches, diarrhoea, constipation
Shallow, rapid breathing with bronchial dilation	Brings oxygen to lungs	Hyperventilation Asthma
Blood vessels constrict and blood pressure rises	Speeds circulation of needed oxygen and nutrients	Hypertension
Heart rate and force of contraction increase	Speeds circulation	Heart pounding, wear and tear on arteries, leading to coronary heart disease
Blood clotting occurs more quickly to minimize the loss from cuts or haemorrhage	Helps stop bleeding if injured	Atherosclerotic coronary disease and stroke
Rage	Preparation for fight and flight, nonverbal signal to attacker	A central factor in type A coronary-prone behaviour
Blood leaves the hands and feet	Blood shift; to large muscles supplying needed oxygen and nutrients	Cold hands and feet Raynaud's disease
Blood vessels in brain constrict and then dilate	Blood shifts to large muscles	Migraine headaches
Sweat glands increase perspiration	Odours (pheromones) communicate fear to herd or rage to enemy	Excess perspiration
Sugars added to bloodstream	Rapid source of energy for muscles	Diabetes mellitus Elevated cholesterol
Increased urge to urinate and/or defecate, and diarrhoea.	Lightens the body for speed.	Urinary frequency Irritable bowel syndrome.