



МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ  
КАФЕДРА ІНОЗЕМНИХ МОВ  
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР

## **МАТЕРІАЛИ**

**XIV ВСЕУКРАЇНСЬКОЇ  
НАУКОВО-ПРАКТИЧНОЇ КОНФЕРЕНЦІЇ  
СТУДЕНТІВ, АСПІРАНТІВ ТА ВИКЛАДАЧІВ  
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ  
КАФЕДРИ ІНОЗЕМНИХ МОВ**

**«TO MAKE THE WORLD SMARTER AND SAFER»**

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Сумський державний університет  
(вул. Римського-Корсакова, 2, м. Суми, Сумська обл., 40007)

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technologies. It is necessary to discuss the ethical issues of each experiment. It's needed to press the point we should know more about innovations in such branch of science as the Biotechnology.

## THE IMPACT OF CHRONIC STRESS ON HUMAN HEALTH

V.V.Khoruzhii, gr. MZ.m.-706, Sumy State University  
M.M. Dunaeva, Senior Lecturer

Most people associate stress with negative feelings. This is the physical and psychological response of the body that helps us better cope with a critical situation. The body releases hormones that speed up the heart rate and bring the muscles into full combat readiness. But chronic stress can have severe consequences.

Stress can be caused by everyday worries, problems at work, or an accidental quarrel with relatives. More serious life circumstances, such as a doctor's disappointing diagnosis, war, or the death of a loved one, lead to chronic stress. Stress affects a person's emotions, mood, and behavior. No less important, and often more serious, is its effect on the human body.

Under the influence of chronic stress, the central nervous system becomes vulnerable, which can lead to changes in behavior, cause overeating, malnutrition, alcohol, drug abuse, or social withdrawal.

In response to stress, a person breathes faster, trying to distribute oxygen-rich blood throughout the body. If you have breathing problems, such as asthma or emphysema, stress can lead to difficulties.

The heart also works faster under stress. The vessels contract and send more oxygen to the muscles to provide strength for an urgent response. This increases blood pressure. And constant hypertension in turn increases the risk of stroke and heart attack.

The muscles are strained to protect themselves from possible injuries if necessary. As a rule, they return to a calm

state. But chronic stress keeps the muscles in constant tension — it causes pain throughout the body.

Under stress, the liver produces extra sugar (glucose) to provide us with energy. But if this condition becomes chronic, the body may not be able to cope with increased glucose levels, which increases the risk of developing type II diabetes.

Excessive release of hormones, rapid breathing and heartbeat can damage the digestive system. An increased amount of stomach acid provokes the risk of heartburn or acid reflux. Stress will not cause stomach ulcers, but existing ulcers may open up.

In addition, chronic stress affects the way food is moved by the digestive system. Depending on the characteristics of the body, the consequences are diarrhea, constipation, nausea, vomiting and abdominal pain.

Stress stimulates the immune system. Due to force majeure, this works to our advantage, because it helps to avoid infections and accelerates wound healing. But over time, stress hormones on the contrary make the immune system more vulnerable to viral diseases. This, at a minimum, increases the time required for the body to recover from illness or injury.

A short-term reaction to stress in men is the release of testosterone, but from regular emotional exhaustion, its level decreases over time. This affects sperm production, causes erectile dysfunction, and can even lead to impotence. The risk of infection of the male genitals with infectious diseases also increases.

In women, stress affects the course of the cycle — menstruation becomes irregular and more painful. In addition, constant nervous exhaustion increases the physical symptoms of menopause.

Chronic stress is called the "silent killer" of the twenty-first century. Therefore, do not delay until the last moment and ignore the numerous signals that your body sends you.