

Download Mechanisms Of Physical And Emotional Stress.

Stress either physiological or biological is an organism's response to a stressor such as an environmental condition. Stress is the body's method of reacting to a condition such as a threat, challenge or physical and psychological barrier. In psychology, stress is a feeling of strain and pressure. Stress is a type of psychological pain. Small amounts of stress may be desired, beneficial, and even healthy. 2. Indulge in Physical Activity. Stressful situations increase the level of stress hormones such as adrenaline and cortisol in your body. These are the "fight or flight" hormones that evolution has hard-wired into our brains and which are designed to protect us from immediate bodily harm when we are under threat. Emotional eating is responding to feelings such as stress by eating high-carbohydrate, high-calorie foods with low nutritional value. The quantity of food that is consumed is the primary difference between emotional eating and binge eating.