

What is Tension? How it Affect the Individuals?

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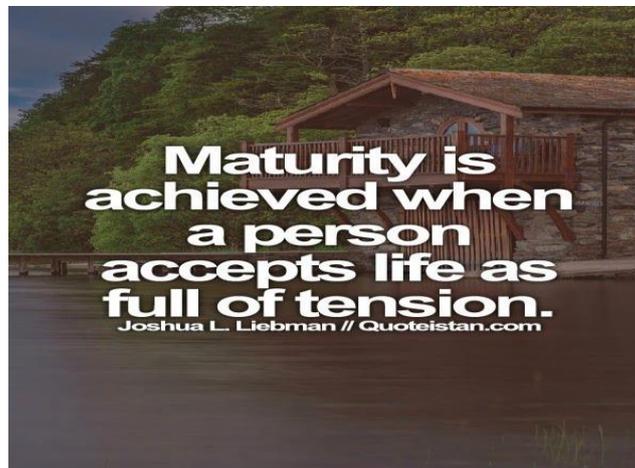
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SUMMARY

Getting more physical activity, Follow a healthy diet, Minimize phone use and screen time, Consider supplements, Practice self-care, Reduce persons caffeine intake, Spend time with friends and family, Create boundaries and learn to say no all these can make free from tension.

INTRODUCTION

The emotion of physical and psychological strain joined by discomfort, unease, and pressure to look for alleviation via talking or acting. Tension is the force stemming from contracting or stretching of a tendon or muscle. "The tension the patient feels in the sole of their foot is merely due to too much tension; advise that they seek arch support footwear."



How does tension affect a person?

If he/she're constantly under stress, individual can have physical symptoms, such as headaches, an upset stomach, high blood pressure, chest pain, and problems with sex and sleep. Stress can also lead to emotional problems, depression, panic attacks, or other forms of anxiety and worry.

What happens when person feel tension?

Stress hormones such as adrenaline and cortisol are released by human body and cause the heart to beat faster and your breathing to quicken. The stomach may feel uneasy, individual muscles may tense up and your skin can become sensitive. All of these are signs that your body is preparing for a 'fight or flight' situation.

What is tension in daily life?

Two pulling forces, directly opposing each other, that stretch an object and try to pull it apart. For example, pulling on a rope, a car towing another car with a chain – the rope and the chain are in tension or are "being subjected to a tensile load."

What tension feels like?

If he/she are stressed, person might feel: Irritable, angry, impatient or wound up. Over-burdened or overwhelmed. Anxious, nervous or afraid.

Where do person feel tension pain?

Signs and symptoms of a tension-type headache include: Dull, aching head pain. Sensation of tightness or pressure across the forehead or on the sides and back of the head.

How long does a tension last?

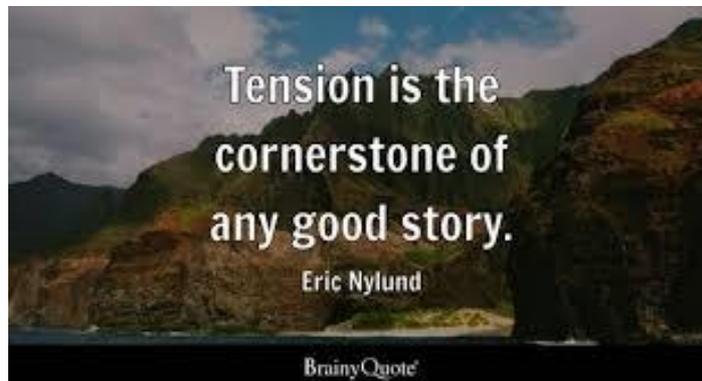
A tension-type headache may last for 30 minutes or (less commonly) months. In general, episodic tension headache symptoms tend to come on slowly and end sooner. They often happen in the middle of the day. Episodic headaches usually don't last longer than a week.

How do person know he/she have tension?***Physical symptoms include:***

- Low energy.
- Headaches.
- Upset stomach, including diarrhea, constipation, and nausea.
- Aches, pains, and tense muscles.
- Chest pain and rapid heartbeat.
- Insomnia.
- Frequent colds and infections.
- Loss of sexual desire and/or ability.

How can calm the tension?

- Get active. Virtually any form of physical activity can act as a stress reliever. ...
- Meditate. ...
- Laugh more. ...
- Connect with others. ...
- Assert yourself. ...
- Try yoga. ...
- Get enough sleep. ...
- Keep a journal.

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