

## Why do I have to Deal with My Feelings to Cure a Simple Flu

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The Ancient Greeks said: "If something goes wrong, then there is much more to come", pointing out that after a very bad situation, various illnesses follow. It has long been believed that the mind and body are interconnected and influenced by one another. But there was also a group that rejected this idea, by looking at man as a piece by piece, that is, they were trying to see the stomach as an isolated organ rather than something associated with the rest of the body. However, research reveals that the immune system is undoubtedly directly linked to stress or other distress, as the chemicals produced by immune cells reach the brain and then the last sends back messages affected by moods, thoughts and feelings.

Stress is the increased response of our body to a situation or event. Whether or not it is stressful varies greatly from person to person, depending on its environment and other genetically predisposed characteristics. Therefore, our relationships, our environment, our daily demands, and in general our mood, are largely responsible for our viruses, flu or other illnesses. The explanation for the above is that when the mind perceives specific situations or events as threatening, difficult and dangerous (thoughts, feelings: internal invaders), our body ends up in a constant battle to cope and to „survive“. Such situations that appear difficult or threatening to the individual increase the production of cortisol, the hormone responsible for stress management, and thereby weaken guard cells or antibodies against viruses or similar external invaders.

Stress leads to various physical changes, such as faster breathing for immediate oxygenation, muscle tension, decreased libido, increased glucose production for more energy, etc. In fact, continuous glucose production can also lead to weight gain and obesity. Research has also shown that people exposed to chronic stress are more likely to develop colds at critical times, or even severe headaches - migraines. In addition, the function of the stomach or intestines, such as indigestion, heartburn, constipation, is significantly affected. In addition, stress affects other neurotransmitters that are also related to mood, such as serotonin, dopamine, norepinephrine, so that increased stress is closely linked to depression symptoms.

Most importantly, because of stressful conditions, the immune system can also attack itself by targeting cells, tissues or organs, resulting in inflammatory diseases or otherwise autoimmune diseases, such as multiple sclerosis, rheumatoid arthritis, thyroid (hashimoto), diabetes mellitus, ulcerative colitis, Crohn's disease, lupus erythematosus, gout alopecia, thrombocytopenia, and more. Research shows that autoimmune diseases have increased 400% over the last 50 years and tend to be mainly practiced in developed countries.

The irony is that it is not so bad to get sick, as many symptoms often try to show us some of our important and not known needs, or they try to clean our body, relieve it or force it to take a break. When we are in a state of constant „battle“ or conflict and prevent our bodies from weakening, the body reaches a point where there are no stocks and can often follow a series of successive illnesses. Our body works like the situation in which we cannot deal with our negative feelings and we are forced to find a way to suppress them, such as through increased drinking, eating, increased exercise, or other excessive behaviors. So, our feelings cannot be really suppressed, as they are an-

noying us through our negative excessive behaviours. So, when we are looking for a solution about overdrinking or overeating, it is like we are really looking for a solution for managing our emotions.

In conclusion, the most important thing is that each of our thoughts is translated into millions of electrical and chemical signals that carry the relevant message to the brain, which responds with messages sent throughout the rest of the body. So, we are what we believe, as what we believe affects how we think, how we behave, how we translate and react to situations or others around us and that is how they all determine our destiny! So, the „roots“ of flu may not be solely due to the germs, but to the way you learned to handle situations and the way others around you influence your particular behavior. The quick and the immediate concealment of the symptoms of the disease (for example through the typical pills) may not be the solution. Amidst the fast-rhythm of life in today's times, each one needs a pause, in order to become aware of his or her situations and feelings, to process all of these, either by himself, or by the help of a specialised mental health professional [1].

### Bibliography

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