

The Silent Strain: Physical Toll of Mental Distress

Divya Pasricha^{1*}

ABSTRACT

The widely held belief that emotional and psychological processes affect our physical health, mental health and general well-being are central to a holistic view of the individual, and as such, it is a useful foundational concept in integrative medicine. The purpose of this article is to review substantial amounts on this view to enable us to throw some light on how inhibitory factors to emotional expression and experience can endanger our health, both physically and psychologically including our general well-being. In addition, the connection between suppression of emotion and certain physical health disorders like hypertension, diabetes, obesity, joint pain etc. and scientifically proven healthy ways to manage issues bordering on emotion was outlined.

Keywords: *Catharsis, Defense mechanisms, suppression, interventions, subconscious mind, anxiety, stress, depression*

Our mind and body are closely interdependent in a way where emotional, spiritual, and behavioral factors can directly affect the outcomes of health. These can cause imbalances to occur inside. The beliefs we hold about ourselves and the world around us, our behavior, our actions, our memories, and our habits all equally influences our mental state and physical health. These connections are wired in a way that what is going on in our mind and heart, and what is happening in our body, forms the psycho-emotional roots of health and disease. Emotions play a very crucial role in different aspects of life. It develops insight which enables to understand his state of mind, and tells the strengths and weaknesses, in order to regulate and manage behavior in a healthier way.

While discussing mental illness, the talks get hushed up, we don't address the concern but instead we tend to suppress it deep down however, our body has its own way to keep the score deep down and we its least expected it expresses out loud in some way or the other. Individuals who work for extended periods with no work-life balance, and is always in rush taking over all the perpetual pressure to deliver on time and do their best face chronic stress, anxiety, emotional struggles, pain and fatigue bring about more dangerous health conditions. Ignoring the emotional distress and pressure, over time brings about critical health conditions such as migraines and high blood pressure. In a few of these cases, the medical tests also reveal no pathology. Feelings and emotions having a solid affect on physical wellbeing by complex intelligent among the brain, hormones, and safe

¹MA, B. Ed, Pursuing Advanced Diploma in Child Guidance and Counseling, MJRP University, Jaipur, Rajasthan, India.

*Corresponding Author

Received: July 9, 2025; Revision Received: July 14, 2025; Accepted: July 17, 2025

© 2025, Pasricha, D.; licensee IJSI. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License (www.creativecommons.org/licenses/by/2.0), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.

The Silent Strain: Physical Toll of Mental Distress

framework. A bit like in feelings like stretch, outrage, anxiety, and pity can trigger physiological responses within the body. Once you feel enthusiastic trouble, your body's push reaction framework gets activated—releasing hormones like cortisol and adrenaline. Passionate stretch over time can debilitate the safe framework, increment levels of aggravation, and disturb rest, absorption, and cardiovascular wellbeing. For occurrence, constant stretch has been connected to tall blood weight, heart malady, cerebral pain, gastrointestinal ailment, and indeed incessant torment. On the other hand, positive influence states of delight and unwinding can improve resistant work, heart wellbeing, and recuperation from ailment. When we favor to form a intentional or indeed automatic exertion to rule or suppress our feelings from individuals instead of venting them out openly, the condition can be characterized as getting away or turning to brief adapting behaviors and such an act may deliver hindering results on the long term, pulverizing our solid and smooth-running life and calling in a mountain of physical uneasiness and misery. Particularly disregarding the feelings or picking to stand up for yourself and not managing with the issue will not as it was hurt the physical well-being but will to heighten the relationship issues one is experiencing on the regular level. It is additionally basic to opportune distinguish the exceedingly utilized flawed adapting fashion and endeavor to upgrade one's enthusiastic wellbeing, oversee connections and set up individual advancement.

We know that our human body isn't fair a collection of organs and systems it could be a fragile instrument impacted by contemplations, feelings, and encounters. Progressively, investigate and therapeutic hone are recognizing the effect of enthusiastic well-being on physical wellbeing. Passionate concealment, specifically, has developed as a noteworthy chance figure for an assortment of physical and mental conditions. Whereas quickly holding back sentiments could seem like a viable adapting instrument, the long-term impacts can be remote and more harmful than we realize. Smothering feelings doesn't cruel the sentiments vanish. Instep, these natural feelings are put away within the body and intellect, regularly remark as physical indications. Ponders in psychosomatic pharmaceutical appear that enthusiastic push, when not recognized or discharged, can show in genuine physical illnesses—such as headaches, stomach related issues, muscle pressure, or indeed resistant framework brokenness. In truth, inveterate concealment of feelings has been connected to tall blood weight, fiery infections, and an expanded chance of heart assaults.

One major way enthusiastic concealment influences the body is through the push reaction. When negative feelings like outrage, pity, or uneasiness are pushed aside instead of communicating or overseen, the body remains in an increased state of stretch. The adrenal organs discharge push hormones—cortisol and adrenaline preparing the body for “fight or flight.” Over time, a steady surge of these hormones can harm blood vessels, hoist blood sugar levels, disturb rest, and lower safe resistance, making the body more defenseless to contaminations and inveterate ailments. Candidly, concealment leads to deadness, disengagement from self, and trouble shaping important connections. Individuals who periodically smother their sentiments may battle with personality, self-esteem, and communication. Over time, the mental stack of stowing away torment or dissatisfaction builds up, frequently coming full circle in burnout, breakdowns, or passionate upheavals. It's critical to get it that the propensity of stifling feelings regularly comes from early life conditioning or societal desires. In numerous societies and family frameworks, communicating defenselessness is seen as a shortcoming. Children may develop up learning that it is “better” to remain calm, remain solid, or dodge showdown. Over a long

The Silent Strain: Physical Toll of Mental Distress

time, this conditioning cements into behavioral designs that are difficult to break without familiar exertion.

Suppression of emotions is an aspect of emotion regulation and defending oneself, it is the conscious or unconscious effort to inhibit or restrain the expression of feelings, often those that are negative, unpleasant, or socially unacceptable. It is a concept that is based on individual's knowledge of emotions, which includes causes of emotion, sensations of the body and about behavior that are expressed, and their possible means of modification. Not acknowledging your emotions and using defense mechanisms like suppression can lead to problems like anger issues, sleepwalk, panic attacks, over thinking, hypertension, arthritis, digestive issues, chest pain, heart palpitations, diabetes, sexual dysfunction and even cancer or mood and stress disorders. Although such conditions may not arise immediately but it gets stored in our sub-conscious mind and may get triggered later in life with a double and more horrifying impact.

It is believed that our suppressed emotions or unresolved conflicts gets stored in our subconscious mind and our body and they slowly start giving life to many diseases and other health conditions. If we release this emotional tension and vent out all our thoughts and pent up feelings, this process of shedding will lighten up our body as well as mind and slowly it will positively impact our overall health, state of mind and well-being. This heals ourselves from within and makes our lives healthier than ever and as the time passes, we tend to learn to effectively deal with our emotional discomforts and utilize our body, mind and emotions to work productively, build healthy connections, relationships know our true potential and be mindful of our emotions, actions and behavior.

The core remedy is to timely recognize all types of emotions we feel and thoughts that come to our mind and express them in a healthy way. Catharsis being a powerful tool to bring our deep-down repressed emotions on our conscious level and release it effectively which ultimately contributes to treat our physical as well as mental health problems. In situations where we feel disgusted or angry or frustrated we can choose to open up about our feelings in a safe and enclosed space among trustworthy people rather than bottling up. Along with suppression various other defense mechanisms are usually used by today's generation which has serious repercussions.

Whatever the cause, this internal distress can be intense and affect a big variety of areas in your life and it can cause physical complaints that cannot be explained by an identifiable medical condition. If these thoughts, actions, or emotions about somatic symptoms result in a lot of disturbance or impairment of a person's functioning, they can be diagnosed with a somatic symptom disorder. Emotional pain can be caused by many things, and no two people's circumstances and experiences are the same. Everyone will at some point feel this way and to some extent at various stages in your life. But once these emotions become strong and prolonged, they are bound to interfere with your functioning and doing everyday routine things. By incorporating these aids into your daily life, you can nurture your emotional well-being and cultivate a more positive and resilient mindset.

Interventions to manage the passionate torment

- 1. Distinguish and Name the Feeling:** Do not repudiate or deny how you're feeling. Naming feelings ("I'm harmed," "I'm befuddled") denies them of control and enables you.

The Silent Strain: Physical Toll of Mental Distress

2. **Breathe and Delay:** Profound, loose breathing calms the anxious framework. Hone: Breathe in for 4 seconds, hold for 4, and breathe out for 6. Do a couple of times.
3. **Journaling:** Composing it down discharges feeling: Reflecting on yourself by inquiring "What am I feeling right presently?" or "Why did this happen?" may make things clearer.
4. **Talk it Out:** Get it out to a trusted companion, tutor, or advisor. Hearing yourself say things out boisterous can water down the concentrated of the sentiments and bring modern experiences.
5. **Get Moving:** Work out like strolling, yoga, or moving discharges blocked feelings. Work out discharges endorphins, which actually raise disposition.
6. **Express Inventively:** Utilize craftsmanship, music, verse, or any frame of imaginative expression to communicate what you're feeling. Your heart may get it more than words on event.
7. **Do not Act Imprudently:** Any sort of trouble has the potential to lead to nonsensical behavior. Take time some time recently acting on circumstances or individuals.
8. **Center Your Consideration on What You'll Control:** Turn consideration to what you'll be able control—your reaction, your self-protection, your environment.
9. **Self Love:** Treat yourself merciful. Be kind to yourself. Tenderly tell yourself, "It's all right to feel this" or "I'm doing the finest I can."
10. **Attempt Establishing Works out:** Utilize your faculties: List 5 things you see, 4 that you simply feel, 3 that you just listen, 2 that you just scent, and 1 that you simply taste. Keeps you grounded within the here and presently and decreases feeling overpowered.
11. **Professional Help:** Treatment can give asylum and implies to recuperate from more profound harms or continuous trouble.

CONCLUSION

The complex association between our feelings and physical wellbeing highlights the significance of recognizing and communicating our sentiments instead of denying to do so. Continuous restraint of feelings can lead to both mental and physical sicknesses, counting stress-related clutters, cardiovascular infection, and disabled safe reaction. On the other hand, the resistance of passionate expression and get to solid adapting skills—i.e., journaling, work out, mindfulness, and looking for social or proficient assistance—can empower strength, recuperation, and in general well-being. Through expanded enthusiastic affectability and reaction, people can upgrade the wellbeing of connections, improve self-knowledge, and clear the way for an equalized, enhanced, and more advantageous way of living.

REFERENCES

- Beverly, E., 2006. Healing your emotional self.
- Brett, J.P., Nickola C.O., Jeremy P.J., 2014, Physiological and cognitive consequences of suppressing and expressing emotion in dyadic interactions
- Gazzaniga, M.S., Ivry, R.B., & Mangun, G.B. 2019 Cognitive neuroscience: The biology of the mind.
- Gruzelier, J.H., 2012. The mind-body connection, healing and exceptional experiences.
- Mathews, G., & Zeindner, M. 2000. Emotional intelligence, adaptation to stressful encounters, and health outcomes.
- Mayer, E.A., & Saper, C.B., 2000. The biological basis for mind body interactions.

The Silent Strain: Physical Toll of Mental Distress

Acknowledgment

The author acknowledges the guidance of the faculty from MJRP University who provided the opportunity and helped to facilitate the research process.

Conflict of Interest

The author declares no conflict of interest.

How to cite this article: Pasricha, D. (2025). The Silent Strain: Physical Toll of Mental Distress. *International Journal of Social Impact*, 10(3), 001-005. DIP: 18.02.S01/20251003, DOI: 10.25215/2455/1003S01