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Head Attacks

 In the article “Head Attacks” written by Feld and Casper, the authors’ main point is to show the link between stress and heart attacks. This reading get you thinking about lots of stuff. I personally don t agree with people that say illnesses are just “in your head”. I do agree to an extent that some sickness, disorders, etc. are psychological but that does not mean that all of them are because there are many things that we do not have control over that will affect the human body. For example we might be able to use mind over matter when we have a head ache but what about when we get a bug and have stomach flu. Personally I do not think I would be able to use mind over matter in that situation same goes with a heart attack.

 In the article the discussion on the study done on hearts that suffered heart attacks they explain that many of them had suffered stress within 24 hours of the attack happening. I do agree that stress play a major roll and affects many in negative ways and can lead to a heart attack. I believe this because I recall when my grandfather was alive the medics would always tell him to keep calm and relaxed because stress could cause blood clots and that could eventually lead to heart attack. Despite this information though it does not guarantee that all heart attacks are most likely occurring because of stress only. I do think that they should have done a lot more on the study and look into other factors that could have contributed to the heart attacks as well as studying another group that did not have heart attacks at all and see what the levels of stress were on there to see if it compared to the first group or if the results were completely different.

 At the end of the reading I went ahead and took the survey. Turns out its better than expected. I thought that I’d be in the anger level is a concern because I do have a temper at times but I am on the moderate anger level. Out of all of the questions I got 7 true. I do not think this is an exact way to measure anyone’s anger but it is a way to let you see what is going on. It is useful to a point. I personally don’t know how to handle stress I sometimes let it overwhelm me because I do stay calm and happy about 90% of the time so when I do become stress I freak myself out. Now a days with starting school and working full time I do find myself becoming more stressed out than normal. My way of dealing with this is by a few ways. The first one is a nap because it relaxes me and lets me clear my head and shut my mind off. Once I wake up I am more relaxed and I feel like I can face whatever it is I need to deal with a little bit better. When that does not work I try to distract myself by shopping. It is a way for me to distract myself and also to make me feel better like if I were rewarding myself because of what I need to deal with so personally it makes me feel better. Out of the two the nap is my top option though because I temporarily escape the stress I am dealing with and I can get that fresh start one I wake up.

 All in all I do believe that stress can be a major factor that can cause heart attacks especially if people let stress control their lives. All though the study did show that more than half of the two hundred and plus hearts did suffer stress there is still much research that should be done to support the topic. Also I do not think that stress being a factor contributing to heart attacks is all in the mind. All though we do have the ability to use mind over matter there is only so much that we are capable on the control of our body. Some people believe that any sickness may be all in your heads and we have the ability to take control of it I can see this being true but people that believe this need to realize that it is all in the mind up to a point.