For years, health psychologist has been telling people that stress makes us sick. It increases the risk of everything from simple health illness like common colds to cardiovascular disease. It may also destroy your normal daily routine that can make you feel incomplete in some ways.

Basically, us people has been forced and looked at stress as an enemy due to every article that we read, advises from doctors, friends and other professionals.

A study was conducted in the US which involves 30000 adults for 8 years and they started the study by asking, "How much stress have you experienced in the last years?", they also asked "Do you believe that stress is harmful for your health?"

The study shows that there is a 43% increased risk of dying for those who experienced stress, but, that is only true for the people who believe that stress is harmful for you. While the others who did not see stress as harmful were no more likely to die, in fact they had the lowest risk of dying.

So, health psychologists, like Kelly McGonigal wonders, does changing how we think of stress makes us healthier? And based from the study, the science says yes. When we change our mind about stress, we can change our body's response to it. There are loads of negative things to say about stress. And there are tons of reason why most people are avoiding stress. But, hidden from one’s knowledge is the beneficial effect of stress in terms of releasing oxytocin hormone.

As mentioned by McGonigal in one of her talks, Oxytocin is a neuro-hormone that is being released as a response with stress. It fine-tunes our brain’s social instincts and strengthen close relationships. She also cited that it motivates us to seek support from others and its the cause why we wanted to be surrounded by people whenever we are stressed out.
Knowing these facts make me realize how healthy having stress can be in every relationship. It can help us attain a more intact connection with people that we value the most. We can also extend our circle of friends through sympathy that we may offer to someone that is under stress. And most especially, it can render us a long and trusted bond with our own family.

In my point of view, it is what most people say that our mind matters. So whatever it is that we are thinking most of the time greatly affect our way of living and most particularly our health. In order for us to stay well, let us be optimistic and you’ll see everything follows in a positive way. Let’s not consider stress as an enemy and always fight with it, instead befriend with it and recognize it better than anyone else can do.

Reference:
TED Talks - How to Make Stress Your Friend By Kelly McGonigal