



The Stress of Our Modern Life

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Being stressed is often given a badge of honor, but it can really mess with your mental and physical health, Where our life is getting more and more complicated, and as our lifestyles get busier and busier. Being under no relieve off stress can start to feel normal.

There are several telltale signs pointing out that you are under too much stress.

Being stressed most of your time will leave its effects on your mental and physical health.

You might be getting several sneaky signs simply telling you that you are under stress. You may not feel frazzled, but there's a good chance there are some subtle ways that your body is trying to show that you are stressed, that also can impact you both mentally and physically.

Few University researchers have found so far more than fifteen silent signs stress is making you sick, or at least messing with your well-being in a ways you don't fully realize.

The amazing point that; patient and his dentist should know that at the top of these signs stands. A sign of having deferent types and degrees of teeth, jaw, and facial muscles pain.: Researchers say: If you've been noticing soreness or pain in your jaw or teeth, you might be becoming a victim of an intense stress. Grinding your teeth, during your sleep and even during your awake time is something hard to be noticed by many individuals. many of us do it in our sleep, which can lead to serious pain during waking hours.

Check with your dentist to ensure that the problem doesn't get worse over time.

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