



# Analysing Suicidal Emotions and their Impact on Mental and Physical Health

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## Description

Suicidal emotions include a complex range of feelings that can include despair, hopelessness, worthlessness and intense sadness. While everyone encounters difficult periods in life, these emotions can become consuming for some individuals, showing risks not only to mental but also to physical health. The body and mind are closely interconnected and chronic emotional distress can have substantial health repercussions that go beyond the psychological field. Suicidal emotions are not simply occasional sadness or anxiety but are deeply remain in feelings of despair and disconnection. Often these emotions may stem from long-term mental health disorders such as depression, bipolar disorder or schizophrenia they may emerge due to significant life events like trauma, loss, chronic illness or persistent stress. Social isolation, financial struggles, substance abuse and a lack of support systems are also influential in the development and intensification of these emotions. While everyone experiences sadness or disappointment suicidal emotions are typically more pervasive and challenging to shift. Those affected often feel impatient, unable to see a way out of their circumstances. This inability to envision a positive future can compound the emotional burden, developing an infinite circle that becomes increasingly difficult to break.

Suicidal emotions are frequently linked to depression, where individuals experience

prolonged feelings of sadness, apathy and a lack of motivation. Anxiety often accompanies depression, intensifying fears of being judged, rejected or alone. This dual presence of depression and anxiety further amplifies feelings of hopelessness and self-doubt, leading individuals to withdraw from relationships, jobs or activities they once find fulfilling. Persistent suicidal thoughts can impair cognitive functions, including concentration, decision-making and memory. The mind, in a state of constant distress, struggles to focus on tasks or responsibilities, often impairing professional and personal life. Some studies even suggest that chronic depression and suicidal ideation may increase the risk of developing neurodegenerative conditions like dementia later in life. Social isolation is a common outcome of suicidal emotions. As individuals withdraw from social interactions, they lose access to vital support networks, which could otherwise help them overcoming difficult times. Isolation can worsen suicidal thoughts, developing a reinforcing loop where the absence of social bonds heightens despair and the despair further fuels isolation.

In an attempt to manage with or numb their emotions, many people use drugs, alcohol or other escape methods which can provide temporary relief but often increase emotional distress in the long term. Substance abuse not only complicates mental health conditions but also intensifies suicidal emotions, developing

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yet another layer of health issues. Chronic emotional distress affects the immune system's effectiveness. Studies has shown that prolonged stress and depression can lead to immune dysfunction, making individuals more susceptible to illnesses and infections. A weakened immune response is a physical manifestation of the psychological illness that suicidal emotions take on the body. Suicidal emotions can contribute to heart disease, high blood pressure and other cardiovascular issues. Stress hormones like cortisol and adrenaline are released at heightened levels in response to emotional distress, increasing heart rate and blood pressure. Over time, these physiological responses can may harm cardiovascular health, leading to conditions like hypertension, arrhythmias and an elevated risk of heart attacks. Emotional distress is often associated with digestive issues, including Irritable Bowel Syndrome (IBS), ulcers and chronic indigestion. Suicidal emotions, being inherently stressful can disrupt the gastrointestinal system due to the strong gut-brain connection.

This disruption may result in pain, discomfort and a poor diet, as individuals experiencing suicidal emotions often neglect nutritional needs. Insomnia or excessive sleeping are common symptoms associated with suicidal emotions. Poor sleep patterns can trigger

fatigue, weakened immunity and cognitive impairment, further intensifying feelings of despair. Chronic sleep deprivation also influences mental health, developing an environment where suicidal emotions thrive. Individuals suffering with suicidal emotions are at a higher risk of experiencing chronic pain such as headaches, back pain and muscle aches. The body's pain response can be influenced by emotional states and unresolved mental health issues may amplify physical discomfort, developing an additional obstacle to recovery.

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## Conclusion

Suicidal emotions can deeply affect both mental and physical health, developing a cycle of despair that is hard to break. Recognizing the warning signs and understanding the impact of these emotions on the body and mind is essential. Through a combination of professional guidance, lifestyle adjustments, social support and mindfulness practices individuals can find pathways toward healing. It's important to remember that while the journey may be difficult, recovery is possible and support is available. By considering these emotions, individuals can improve their well-being and recover a more beneficial healthy future.