

Impact of Stress on Daily Life and Functioning ?o These changes interfere with managing chronic illness and following a healthy routine.

Decline in Job and Academic Performance o Managing chronic illness takes time and energy (doctor visits, medication, fatigue).o This isolation weakens social support networks, increasing loneliness and depression.

Disruption of Basic Life Patterns o Continuous stress affects sleep and appetite (insomnia, overeating, or loss of appetite).o Leads to absenteeism and reduced focus/productivity (presenteeism).

Limitations on Physical and Social Activities o Pain or physical disability make daily tasks difficult.o Patients may withdraw socially due to exhaustion, embarrassment, or fear of being a burden.o In severe cases, patients may quit work or studies, causing financial strain and more stress.o Mood swings and stress can lead to misunderstandings and conflicts.o Patients often feel guilty or burdensome, causing further emotional distance and isolation.

Impact on Personal and .Family Relationships o Family members face high pressure as caregivers. 1.2.3.4