

The Report of Section 2 of the Book

Name

Institution Affiliation

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The details of the section

Different situations affect the sex life of people; however, women report a lot of these effects. Stress is one of the things that greatly affect the sex life because of the biochemical changes that the body is subjected to. This paper presents the report of section 2 of the book. This section dwells more on stress and love. The meaning of stress and love, and how the two can affect the response to sex activities. The first part of the section focuses on stress and the response cycle. This section acknowledges stress to be the threat that is perceived by the psychological and the neurological processes. It entails the negative aspects of terror, fear, anger, irritation, annoyance, and frustration. The psychological reaction that stress makes the body to respond is the runaway reaction from the threat. Furthermore, this section underlies the problems that are involved with the shutdown of the body which results in the body to depression. However, other things like emotional aspects are influencers of turning on of the body to get ready for sex. Some of the emotional aspects can be those that already exist in the body before the stress of another emerges. This section presents different ideas about how the body responds to stress. Stress can be caused by the different issue like family problems, work issues and even bills to be paid. All these problems constitute the stress that the body undergoes when there are issues that are involved in the psychological and neurological process.

To get the full understanding of the stress issues, this section dwells on the way the body responds to the stress. The categories of stress response are three that is the fight, flight, and freeze. These three categories occur depending on the situation of the action that alerts the body

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about stress. The amount of the adrenaline that is released as a result of the threat will determine the type of reaction or action of the body to the threat. It also presents the way how to deal with threats of stress to help come up with a solution that can help manage stress. Stresses that are caused by the family problems can hinder and inhibit the desire to have the pleasure of the sex life. This is because the psychology is all bound to the threat and the response will all be to the threats or the problems. As a result, they end up losing the interest and that is when different questions will emerge about the body and how it response to threats. However, this section demonstrates and argues that to help or manage stress the person under the threat should be engaged to listen and identify the things that help their body be at peace. Therefore, to have the ability to manage stress that may be affecting the sex life, it is helpful to recognize places and people that can make one feel good (Nagoski, 2015).

Through this, the body will shift its reaction to the response of good feeling thus, bringing back the pleasure and the desire to respond to sex. The second part of this section dwells on love and how it affects the sex life of someone. This part of the section acknowledges things like romance, joy, and passion to be involved in love. It is the innate and the biological attachment that brings humans together. However, it also entails the negative effects of heartbreak, grief, and jealousy. All the negative and the positive effects that are brought about by love can affect the sex life. For grief, jealousy and heartbreak one may find them lost and cannot recognize themselves. As a result, they tend to lose the interest of love and this will also affect their sex life. However, love is a joyous scenario to everyone because of the joy to find someone special to share a dream with and connect to.

The third part of this section brings the understanding of the connection that exists between stress, love, and sex. All the three things when connected together they tend to subject bring the sense of loss to the person involved. The activation of the three together will help to search and get the answers to know what is wrong. This part of the section recommends for one to search and improve their context. This is especially to women who are the victims of the problems of sex interest loss. According to this part of the section, research has shown that there are consistent changes that women experience in their sexual wellbeing.

The new information from the section

There are several things that have been advised to be the best ways to fight and reduce stress. Things like exercise, getting enough sleep to help one get the feeling to have the best experience of sex. This section is very important because it presents some of the new ideas that can be learned. I have managed to have a very comprehensive understanding of how to manage stress and have the interest in sex. In the first instance, it is all about knowing the real cause of the stress that one is going through. Getting to sleep is like pausing the stress and the problems that bring the stress. This is because the brain will always react and give the response to the threats. Unfortunately, sex is not a threat thus the response to the pleasure will be undermined because of the threat that the body perceives. Therefore, the new information from this section is the fact that dealing with stress depends on the context of stress.

The negative effects that stress subjects the body to should be eliminated through all the means possible. Some of the ways to eliminate stress are by killing, running and playing dead can help to manage stress. This is because the stress is the threat to enjoy the joyful life therefore,

it should be perceived as the lion in one's life. Different reactions will be given to the threat of lion-like running away to escape, or killing the lion or to freeze that is to play dead. Through this means it is possible to forget the stress and concentrate on one purpose instead of overworking the brain. When the brain is subjected to the confusion of perceiving the problems that one is going through, it becomes a problem to respond to everything at a time (Nagoski, 2015). The problems that one is going through will require the brain to find a solution and at the same time respond to the psychological processes that are involved in sex. The brain needs to respond to one process at a time, which is why it is important to do away with stress in every means in order to respond positively to the pleasure of sex.

This section recognizes that women are in great danger of losing their sex drive; this is because women tend to worry and have a lot of concern about the problems that are related to the family problem. As a result, their interest in sex is prohibited and undermined to function positively. Their psychological and neurological processes are really affected by the threat of stress which prevents them from having the urge and interest for sex. Moreover, this section also has the important part shows that love can be a way to stay away from stress. Finding the partner that one is connected to passionately will help to manage, however, it depends on finding and realizing the love. The love can be a place or a person, thus it is the responsibility of the stressed to recognize the place or the person that can give them the peaceful minds to be stress-free. The stressor should be eliminated and the stressed should be in a place to enjoy and the company of the place or the person that would keep them away from the threat of stress of the body and mind.

How I can incorporate the section's information to sex education

People especially women have problems with their sexual wellbeing. Some of them feel like they are lost, the feeling that they had are gone. Different ways have been given to help them find themselves from the agony of sex interest. However, some of them are not of help that provides the permanent help for them. Sex is very important and loss of interest in sex will subject one to a different situation that will increase their level of stress. Stress is one of the things that affect them; this chapter dwells on important issues to manage stress. This is because stress is the fundamental issue that affects the sex interest. Sex education will be focusing on the sex life and how to manage the passionate experience. This will be limited when there are factors that inhibit the sex life. This section presents very important issues that can help in the sex education. For instance, dealing with stress is very fundamental in the sex education lessons.

The proper ways and means to deal with stress will help to know how to appreciate sex life. Stress will inhibit the need to concentrate because the brain will be going through a lot of straining to balance the processes that are going on. As a result, stress will dominate the other process which will result in confusion and lack of concentration. Sex is also about love, and this section brings the understanding of the reason for love or falling in love. The information provided about love in this section can be very vital to the practice and lesson on sex education. People should know the reason to love and why they fall in love, as a result, the love information provides the right information to help the sex education lessons.

People have had challenges about their sex life and some of these issues have caused problems with the people married or engaged. This is because people do not have the

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understanding of what causes their desires and interest to diminish. This section provides a comprehensive understanding of how to deal with this situation. It emphasizes on finding the root cause of the problem which would make it possible to find the solution to the problem instead of dwelling on the problem. This idea can be beneficial when included in sex education provides the student or the listeners to have the understanding to realize and identify their problem thus helps in making or finding permanent solutions that would help to make the right moves to solve the problems that affect their sex life, interest and pleasure.

Reference

Nagoski, E. (2015). *Come as you are: The surprising new science that will transform your sex life*. Simon and Schuster.