. Children and Youth Services Review, 84, 193-197. RE: Discussion 1 - Week 2 COLLAPSE Relationship Between Mental Illness and Physical Illness The relationship between mental illness and the physical illness co-exists due to effects of mental illness, social factors, and the chemical imbalances it can cause on the body (CMHA, n.d.). There are side effects of psychopharmacology agents that can cause effects on the body such as weight gain and physical changes with body organs (CMHA, n.d.). Also, how a person feels can affect their mind and vice versa. For example, a person’s response to stress (trauma, illness, social determinants, and other stressors), can lead to high blood pressure, muscle tension, pain, headache, and stomach problems (Healthwise Staff, 2020). Therefore, the way an individual perceives their mental health illness can increase their or develop poor physical health. Mental health illness can affect an individual’s cognition, mood/emotions, and behavior (Mayo Clinic, 2019). Physical Illness influenced by Mental Illness Stress can cause many effects on the body including the gastrointestinal system (GI). When a person encounters any type of stress it can interfere with their appetite and the function of the GI tract. Stress alters the parts of the brain receptors (ventral tegmental area (VTA) and the amygdala via N-methyl-D-aspartate (NMDA)) by overstimulation (Douma & De Kloet, 2019). Also, stress can alter the physiology of the GI by causing the peristalsis to slow down, increase inflammation, absorption process, intestinal permeability, and mucus and acid secretion (Yaribeygi et al., 2017). In addition, chronic stress (even childhood stress) can develop into inflammatory GI diseases such as Chron’s disease, Irritable bowel syndrome, and other severe inflammatory disease processes. Impact on Patient’s Course of Life Stress can cause harm to a person’s body. If they have a chronic physical illness/acute illness, the stress developed can lead to a decrease in the healing process, an increase in other mental health illness such as depression and interfere with the individual’s social life