

How stress can lead to anxiety?

Do you know what [stress](#) is and is it always a problem? Well the answer is no, stress is not a problem to us if it is present in small amount, well in that case it is good for our mind and body as it keeps them awake. But the problem starts to creep in when the stress crosses the barrier that is set for a safe working mechanism of the body and then it starts to show some drastic effects which only some individual can bear. Those who can bear it are mentally tough and those who lie on their knees in front of excessive stress are not so tough. But what is the limit that one can put on the stress amount so that it remains a motivation and doesn't become a vague pressure. Let us take a look.

Normally the stress keeps on building up and is released periodically once the work that was causing the stress is done. The problem starts to creep in when the stress is not released and then it can lead to high degree of anxiety and finally to depression. This is called unconstructive stress for the body. At that time there is no motivation to do work; else there is a fear that if the work is not done then it may become fatal. Then suddenly our behavior starts to change towards the people that surround us and we start to become more aggressive in life. The concentration power tends to get lost and we cannot sit at place thinking about one goal. Under such situation the most simple tasks become complex and we seem to get entangled in them, all this due to excessive stress.

Medical science has been researching on the fact that does stress lead to anxiety and eventually depression and the results are staggering. Under most of the cases when a person is made to face excessive stress, the result was depression change from normal behavior. This shows that human race is going no where with this excessive stress and it is only getting damages from it. Now the question arises that if we all know the ill effects of excessive stress then why on the first hand we indulge into it. This is because of the increasing competition in the market. Today a common man wants to overtake his ir her colleague or business rival for money or praise. In this race to compete we usually neglect our basic need to rest and this result in excessive stress.

To lead a happy life we all need to relax a bit and run away from these stresses. To decrease the negative impact of stress in life is to learn ways to tackle it and not eliminate the stress source. You will eliminate one source of stress and the second will be there waiting for you, thus the only way out is to learn how to get along with stress and how to work under pressure. By learning to control stress in life, you can learn to be happy under any situation.

About the Author

Mike Martin is the editor for KillStress.org - A website dedicated to your stress problems.

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