

There are two sides to the effects of chronic stress. The physical well-being of an individual can be greatly impacted by ongoing stress. For those who report significant amounts of stress on a regular basis, depression and anxiety are highly frequent. Stress can be harmful to one's behaviour in addition to their health. Chronically stressed individuals may therefore appear to make poor decisions. Frequently, they are under pressure to act, and as a result, they don't always completely evaluate the consequences of their decisions. Long-term stress has detrimental impacts on the body's physical constitution