

Chronic stress can significantly impact a person's physical health. Constant stress on the body has serious physical health effects. Some of the negative physical effects of chronic stress are due to the acute stress response, which increases blood pressure, makes the heart beat faster, and floods your body with extra chemicals. Depression and anxiety are very common in individuals who constantly report high levels of stress. In addition to health, stress can negatively affect human behavior. As a result, people who suffer from chronic stress may not seem to make the best decisions. Many times, they do not fully consider the implications of an action the same way that they would have if they weren't under so much stress. This makes the heart work much harder than it needs to, and it's not healthy to be in a constant, heightened state. Mental health problems are also among the major negative effects of chronic stress.