

UNDERSTANDING STRESS-DOES IT CAUSE ANXIETY?



Everybody feels stress in their life. It can be caused by anything, from school or work, to relationships. While some people are more susceptible to stress than others, it is very important that one does not become overwhelmed under stress because there are many negative effects that can happen as a result.

Stress affects everyone in different ways and the level of how stressed someone becomes varies greatly depending on who they are and what kind of lifestyle they lead. For example, when an athlete has a game coming up he might feel stressed (in the form of nervousness) about performing at his best for his supporters/team. However, someone who does not play sports may also get nervous when she has to speak in front of her peers. Even daily activities like driving in traffic can trigger stress.

People usually try to keep themselves calm when they are feeling stressed or nervous because these feelings affect their daily activities, relationships and health. When people are not able to cope with their stress it may be a cause for concern because it puts them at risk of developing anxiety-related disorders.

When someone feels stressed out they often feel uneasy, but there are other symptoms that one may notice which include headaches, nausea, restlessness, fatigue, overwhelm and irritability. [\(1\)](#) Feeling extremely

anxious leads to heightened senses which means that people become hypersensitive to noises or smells that would not normally bother them before.

They might seem excessively worried and moody and may find it difficult to concentrate on everyday tasks. Once people begin to feel these kinds of symptoms regularly, their state becomes a crisis that they find hard to handle. At this point they may require professional help from someone who can give them some coping strategies.

Many people have been under so much stress for long periods of time that they have developed long term anxiety as a result. It has literally become a habit, albeit not a healthy one.

What many people do not realize is that there are actually different types of stress and each one has a different effect on their mental health. While regular levels of stress can be beneficial to someone's well-being because it motivates them, when it gets too intense this type of pressure does more harm than good.

In brief, if you feel extremely overwhelmed from too much stress in your life, it is time to make some changes for the better in order to avoid developing an anxiety disorder or depression in the future.

The best way to stop stress turning into long term anxiety is to learn how to cope with the pressures in your life. Find out what the triggers for your stress are, whether it is because you have too much responsibility or because someone close to you has passed away. Then try doing things that make you happy like going for a walk, exercising, taking it easy and remembering all of the good things in your life. Learning these coping skills will help keep your anxiety under control when the stress gets too much.

Other ways to relax when you are stressed include aromatherapy – lavender is particularly good. Why not take a long soak in a warm bubble bath while burning a lavender scented candle? [\(2\)](#)

You might also look to supplements or herbal remedies to help keep stress at bay. Lemon balm, valerian and kava kava are particularly effective. [\(3\)](#)

Here's what you need to know about stress and anxiety: stress is often from an external source. [\(4\)](#) However, when this happens on an ongoing basis it can lead to a variety of negative health effects ranging from headaches (from tension) or high blood pressure down the list along with sleeplessness - not ideal for someone trying their best work hours each day! To make sure that we don't let emotion take control over our lives; understanding which type yours potentially is will help find treatment throughout different areas such as mental well-being coaching sessions where mindfulness techniques are used in combination with neuro linguistic programming (NLP) to teach coping strategies for when stress strikes. [\(5\)](#)

As the old saying goes 'when it rains, it pours', unfortunately this is true in many cases when someone's emotions are involved because sometimes instead of dealing with our problems head on we try to avoid them or push them away altogether. This can lead to feelings that build up over time and result in anxiety disorders, phobias and even depression which can be very unpleasant if not addressed.

Anxiety is a person's specific reaction to stress; its origin is internal. [\(6\)](#) Anxiety can be characterized by persistent feelings of dread or apprehension in situations that are not actually threatening, even after they have passed. In more severe cases, it may escalate into a full-blown anxiety disorder. There are many types of this illness: generalized anxiousness for instance causes constant worry about everything from daily life events like work deadlines down through minute details such as what clothes to wear.

Making lifestyle choices to manage stress levels is the first step to controlling your anxiety. Find out what makes you feel stressed and avoid those situations or triggers as much as possible until things settle down again.

It's important to know how to spot the signs of stress and anxiety. Stress is a trigger for both conditions but it can be difficult to separate them because they often go hand in hand. That's why Mental Health First Aid enables participants to learn about the symptoms associated with each condition so they can spot their own distress early on before things get worse. [\(7\)](#) Or you

can speak to someone who has passed a mental health first aid course as they will be able to reassure you and signpost you to the appropriate resource or professional to help you feel better.

Seeing a GP at the first signs of prolonged stress is also a good idea for the same reasons.

Finally, remember that there are always people out there who care about you. They may not know how to help but sometimes just talking and admitting that you are struggling with stress can be enough to stop it turning into long term anxiety.

References

1. Stress <https://my.clevelandclinic.org/health/articles/11874-stress>
2. Clinical Aromatherapy <https://pubmed.ncbi.nlm.nih.gov/33131627/>
3. Formulations of dietary supplements and herbal extracts for relaxation and anxiolytic action <https://pubmed.ncbi.nlm.nih.gov/19865069/>
4. A guide to stress
<https://www.firstpsychology-assistance.co.uk/resources-detail?URL=Stress-guide>

5. The effect of neuro-linguistic programming on occupational stress in critical care nurses

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4776559/>

6. Stress vs anxiety

<https://www.mentalhealthfirstaid.org/external/2018/06/stress-vs-anxiety/>

7. Mental Health First Aid What you learn.

<https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn/>