

Download Could It Be Stress

Stress Symptoms, Signs, and Causes. Improving Your Ability to Handle Stress. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price. Stress isn't a psychiatric diagnosis, but it's closely linked to your mental health in two important ways: Stress can cause mental health problems, and make existing problems worse. For example, if you often struggle to manage feelings of stress, you might develop a mental health problem like anxiety or depression. Feeling this overwhelming stress for a long period of time is often called chronic, or long-term stress, and it can impact on both physical and mental health. Stress is a response to a threat in a situation, whereas anxiety is a reaction to the stress. Stress can also cause physical symptoms, such as a rash — and having this symptom can amplify your stress. Many people will experience a stress rash at least once in their lives. Luckily, a stress-induced rash generally isn't cause for concern. In fact, it can often be treated easily at home.