

# **Different Psychological And Physical Consequences Of Stress**

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Stress is a common experience for individuals, and while it can motivate us to complete tasks and meet deadlines, chronic or excessive stress can lead to a range of psychological and physical consequences. In this essay, we will explore the different psychological and physical consequences of stress.

## **Psychological Consequences of Stress:**

**Anxiety and Depression:** Chronic stress can lead to the development of anxiety and depression. The constant activation of the stress response system can alter the balance of neurotransmitters in the brain, which can contribute to the development of these mental health disorders.

**Irritability and Mood Swings:** Stress can also lead to irritability and mood swings. When we are stressed, we may become more easily frustrated or agitated, and our moods may fluctuate more frequently.

**Decreased Cognitive Function:** Chronic stress can also impact cognitive function. Stress can affect our ability to concentrate, remember information, and make decisions.

# Physical Consequences Of Deprebion

**Patrick Vollmar**



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