

## **Stress & Anxiety - Is There Any Relationship?**

Stress and anxiety do have a relationship and they are connected to one another with the help of the conditions and consequences. They are somehow a part of our lives but if we don't know how to cope up to them or even live up to the expectations and responsibilities that we have for the life, things won't be the same and they wouldn't turn out exactly like you want them to be like. Life is something that you should live without keeping any hopes and expectations and when people learn to take things too seriously and everything on about themselves, things get complicated and feature like stress and anxiety set it.

The reason why stress and anxiety are related is unknown and yet to be discovered but you should know that it comes from getting too much burden on your shoulders and not letting go of something that you should or thinking too much about the things that aren't even going to happen in your life.

Stress comes from the mismanagement of things and when you fail to be up to the mark in everything that you are doing. Stress is a major consequence of all the pressures and workload that you have been feeling and it leads to anxiety automatically because you are always anxious and depressed about what is going to happen next and if you are going to find success or failure in the end. You don't take things one at a time and that destroys almost everything that you have.

Stress at work or at home could cost you a great deal of trouble because then you would think that you are being judged by the people all around you all the time which is not the case. Positivity should be something to watch out for and bring within your life so you can actually have something to hold on to and get to know about because life doesn't get easier for anyone and as much as you would want your troubles and woes to go away they are not going to. There are many other diseases related to anxiety and you should know how to avoid them all by thinking constructively and making sure that you are on the right track with everything. Public speaking and consulting a specialist or a therapist should be your best option.



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