



Stress and High Blood Pressure



Overview

We know stress is bad for your health. So is high blood pressure. But is there a link between the two? Could the stress you feel be the cause of your high blood pressure? Well, we aren't completely sure, because it's complicated. Let's learn more about stress and blood pressure.

Stress response

When you feel stress, your body releases hormones that make your heart beat faster. They make blood vessels narrow. If you're stressed a lot, your arteries can become damaged, and you can develop heart disease.

Coping with stress

There's no proof that stress directly causes high blood pressure. But how we COPE with stress CAN be a problem. Smoking, drinking alcohol and eating junk food are a few coping methods that cause high blood pressure. And too much stress can lead to issues like anxiety and depression. These can hurt you indirectly. For example, a depressed person may stop taking their blood pressure medication. That's what makes the relationship between stress and high blood pressure is so complicated.

Conclusion

If you have stress, ask about ways you can reduce it. Often, some simple lifestyle changes can make a big difference in your stress levels. And if you have high blood pressure, make sure you manage it properly. Talk to your doctor for more information.