

Your Name

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Course Title and Number

Being Stressed Leads to Heart Attacks

Stress is a major part of everyday life. No matter where we are or what we do, we are likely to encounter stress. We rarely have the opportunity to enjoy stress-free moments. It is believed that some stress is good for us in that it helps to motivate us to think and to work a little harder. However, numerous studies show that excessive stress can harm the mind and the body. Stress can hinder a person from thinking quickly, making prudent decisions, and more importantly, staying optimistic and positive-thinking. These abilities prove to be most essential when it comes to problem-solving. Stress can also elevate blood pressure, making the heart work harder and causing other health problems, as well. Stress makes people feel completely insecure and interferes in their ability to make sound decisions.

Some feel that excessive stress is as harmful as smoking. Negative psychological factors are likely to raise the number of heart attacks 2.5 times, whereas smoking raises them almost 3 times (Adams, 2012). This is a very small difference, statistically. People who suffer excessive stress regularly are more likely to have heart attacks, compared to those who feel stressed occasionally. Coupled with depression, stress becomes even more severe, thus, it can escalate the risk of heart attacks in all social and cultural groups by 3 times. Among other crucial factors potentially dangerous for the heart are diabetes, high blood pressure, excessive body fat, and the lack of exercise, which prevent the entire body from functioning normally.

The British Heart Foundation offers brochures dedicated to stress, which is available to everyone. These leaflets provide information about the main symptoms, causes, and types of heart attacks. They also discuss the procedures for electrocardiograms and provide answers to everyday questions concerning different heart diseases and the way they can affect people's health. The brochures are becoming more and more popular, especially among health care department specialists from various companies. This is an indication that employers are becoming more aware about the way their employees feel and how that impacts their businesses.

The attention to how stress affects the body continues to gain attention of the health-care segments of businesses in how they can improve the work environment for their employees. Part of the wellness program used by many companies is educating their employees about healthy living conditions such as proper diet and exercise. Studies indicate that being well-informed about health issues may raise the level of health care consciousness among individuals from different age

groups. The information presented in health brochures can motivate people take better care of their health, such as giving up smoking or at least reducing the number of cigarettes smoked per day, regularly exercising, and eliminating other negative factors that hurt one's overall physical health.

In conclusion, it is essential to teach people all over the world to cope with stress successfully, perhaps avoiding subsequent depression and anxiety. The main idea in this respect is to suggest strategies for feeling relaxed by maintaining a balance between work and other areas of life. Making time for regular exercise is a great start. A brisk fifteen-minute walk can make a considerable impact on one's health helping to avoid such heart diseases as apoplexy, rheumatic heart disease, and coronary disease.

Works cited

Adams, Stephan. (2012). "Stress Can Increase Your Risk of Heart Disease". *Health Encyclopedia*.

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