







Clarifying common thoughts on stress and anxiety

There are many common thoughts on stress and anxiety and it is not easy to know which ones are true and which ones are false. You may have heard certain things about stress and anxiety or you could have made your own observations about it. Relying on false information can make things worse. Please see the following list of common thoughts on stress and anxiety, then in the box next to it see whether that statement is true or false. You might be surprised about certain answers; it helps to look at the explanation box to see why that common thought turned out to be either true or false.

Common thoughts on stress and anxiety	Is this true or false?	Explanation
<i>People can't die from stress.</i>	FALSE 	▪ Experiencing a great deal of stress for long periods of time can cause serious health problems like hypertension, stroke, heart problems, and many more.
<i>Americans name money as the number one thing contributing to stress.</i>	TRUE 	▪ 73% of Americans say that money was the cause of most of their stress. 62% say that work contributes a great deal to the amount of stress they experience.
<i>If you are stressed out it can affect your problem solving ability.</i>	TRUE 	▪ Having good mental health helps you make good decisions and deal with life's challenges at work and at home.
<i>Asthma, migraine headache and irritable bowel syndrome can be made worse by stressful situations.</i>	TRUE 	▪ Chronic pain can be made a lot worse if you have a lot of stress in your life and do not cope with it well. If you cope with stress well you can make your pain a lot better too.