Does stress lead to cancer?

Whether due to work, family or finances, most of us have felt stressed at some point in our lives. And to make matters worse, some studies have shown that stress can lead to depression, anxiety, or a weakened immune system. But can it cause cancer?

The National Cancer Institute says no. There is no evidence that stress alone can lead to cancer. But, habits such as smoking, drinking, and eating unhealthy foods may be linked to cancer. These are often done in response to high stress events.

Bottom line: cope with stress in healthy ways, such as exercising, deep breathing, meditation, and getting help from your doctor, if needed. Lowering your overall stress levels will help you feel your best emotionally and physically. And, don't worry about whether the occasional stressful event may cause cancer. The experts say it won't.