

Are stress and cancer linked?

Some stress is a normal part of daily life. Though stress can cause some health problems, the link between stress and cancer is not clear. Here's what the National Cancer Institute says about stress and cancer:

- Chronic, high levels of stress can lead to unhealthy behaviors such as smoking, drinking alcohol, and unhealthy eating. Though these habits may cause cancer in some people, the stress itself is not the cause of cancer.
- Stress may cause certain tumors to grow or spread more quickly. More research is needed to learn more about this.
- Cancer patients face high levels of stress. Lowering their stress levels through emotional and social support can help them have better outcomes.

Nature reduces stress

Do you wonder why a walk outdoors feels so relaxing?



Researchers at the University of Minnesota say that being in nature can help reduce fear, anger and stress. If you can't get outside, consider placing plants inside or hanging relaxing nature photos on the walls.

