

The effects of fear

The effects of fear on a person are negative and can destroy them. First of all, it can weaken the immune system and can lead to weakness or even death in an extreme case and also damaging our brains, cardiovascular system, and digestive system. Secondly, it lessens the possibility of socializing. This is because they would always be afraid of their environment and feel like they should not trust anyone or anything. Last of all, fear leads to negative reactions such as having tantrums which leads in preventing going to sleep and cause to get out of bed. It can also cause by been overwhelmed by strong emotions and haven't yet learned safe ways to express or manage feelings. You can reduce tantrums by talking with children about feelings.