**[5 News Tonight](https://scout.tveyes.com/)**

11/04/2016 06:47:50 PM

* [FIVE](https://scout.tveyes.com/) /

* [U.K. National](https://scout.tveyes.com/)

Welcome back, you're watching 5 News Tonight. That's according to a new report which says the 'worried well', have a 70% bigger chance of developing heart disease. found that those who were anxious about their health ended up much who were more relaxed. Mansoori now, who's a GP. from a positive point of view, that is the placebo effect, taking a pill which does not physically make you feel better. Do we know about the negative affects? And think we know

to some extent because there have been studies which show that people who are anxious in general do have poorer outcomes, on things like the spirit tree problems and cardiovascular problems. But I think that more work does need to be done to look into what those negative psychosomatic issues could cause long-term. Do you see people worrying about what they have got and then it gets worse? Absolutely. I think anecdotally every doctor has seen that. It is as if you are creating a physiological shall change -- physiological change by having a psychological belief. Some people dismiss ideas like mindfulness as nonsense but this shows that whatever you deal with

first helps the other? Absolutely. If we look at this study in more detail, they did find that people who were more physically active did not have worse scores on the medal health side of things. Consequently, their cardiovascular outcomes were better as well. We do need to look at the physical and mental aspect. Although the evidence for mindfulness is perhaps get you so far, there is some evidence, and I certainly believe it is a good way to go with regard to long-term mental well-being. The calming the mind. It is easier said than an, not to worry about it, don't fret? The problem is, when you are tensor anxious about anything, there are changes. You start to sweat, your heart rate goes up, you have palpitations. Your blood pressure goes up as well. It is all heart related? Absolutely. Long-term, if you are chronically feeling anxious, there will be a negative impact on your heart health and other parts of your body as well. More research needs to be done and it will be interesting to see what they come up with. Thank you