Anxiety and stress make your heart work harder. When you’re under stress your body’s “fight or flight” response is triggered i.e. your body tenses, your blood pressure rises and your heart beats faster. Stress hormones may damage the lining of the arteries. In the current scenario post-covid, since most of us are indoors, stress levels are at an all time high due to increasing anxieties which is leading to a higher heart rate. And your body's response to stress may be a headache, back strain, or stomach pains. Stress can also zap your energy, wreak havoc on your sleep and make you feel cranky, forgetful and out of control.

Higher heart rate is not always better since pathological conditions can lead to an increased heart rate. Tachycardia refers to a fast resting heart rate, usually over 100 beats per minute. Tachycardia can be dangerous, depending on its underlying cause and on how hard the heart has to work.

An optimal level of heart rate is associated with health and self-regulatory capacity, and adaptability or resilience. Higher levels of resting vagally-mediated heart rate are linked to performance of executive functions like attention and emotional processing by the prefrontal cortex.

Higher heart rates are usually connected with higher stress levels. When stress is excessive, it can contribute to everything from high blood pressure, also called hypertension, to asthma to ulcers to irritable bowel syndrome

Stress may affect behaviors and factors that increase heart disease risk: high blood pressure and cholesterol levels, smoking, physical inactivity and overeating. Some people may choose to drink too much alcohol or smoke cigarettes to “manage” their chronic stress, however these habits can increase blood pressure and may damage artery walls.

Thus, heart rate can be used to monitor your stress levels and keep it under check as it is a useful indicator of good health.

A recent study speaks about effects of stress on increased heart attacks amongst 30-40 year olds:

<https://economictimes.indiatimes.com/magazines/panache/heart-attacks-on-the-rise-among-30-40-year-olds-diabetes-hypertension-are-contributing-factors/articleshow/66997025.cms>