

Worrying can age you prematurely

[People](#), [Barack Obama](#)



Worrying Can Age You Prematurely Casual Analysis Do we take the time to stop and smell the flowers rather than worry about them growing? Aging is already a rising concern; people around the world are starting to recognize worrying as the new biological clock. It seems as though no matter where you look- whether it be politics, media, or even simple everyday life, there will be people worrying. What people are unaware of is worrying too much can age you prematurely Consider President Barack Obama for instance, election day he was looking young and in his prime ready to lead his people of the States. Look at him today and you will notice his vivid grey hair and run-down wrinkled face. It is pretty obvious Obama was overstressed, overworked, and never took the time to take care of his youthfulness. Affected by enormous pressure, Obama now faces the fact of aging and embraces his new aged look, than again he did know it came with his line of work All together though, it seems as if the whole world is doing nothing but worrying, starting up a million dollar industry to help reduce, or tame the realities of stress. All you have to do is watch the TV, read the news, or even just go to work, and there are reminders about not to get too stressed. With all these ads pulling us into a stress-free life, are we beginning to worry now more than ever? Studies have shown that worrying is the route of stress and helps speed the process of aging, adding a few extra, or a lot of extra years to your already aging body, all depending on your lifestyle. When we are stressed out, our facial expressions are usually quite tense and hard on the elasticity in our skin, increasing the wrinkles and saggy lines excessively over time. Worrying gets us all worked up inside with things like adrenalin, hormones, blood pressure,, ect..., and we are blind to see we are increasing

our level of electro-lights at the same time. Electro-lights are tiny particles our bodies produce after we call on specific organs to begin functioning. Overtime the build up of these tiny electro-lights wear us down and induces the look of aging dramatically, having a spiraling affect. Consequently, we cannot out-run the effects of time and aging, but we can, however, run with the effects and age youthfully, embracing the fact instead of denying it. Worrying and stress are two emotions humans should try stay away from, for they only result in more stress and worry that can spiral out of control when you are not looking. Worrying can take up years, and before you know it you are looking in the mirror at someone you never seen before, wishing you enjoyed all the years before opposed to stressing about them