

Why Is My Stress Level High After Exercise?

It is normal to see elevated stress after exercise, even when you feel mentally relaxed.

During exercise, your nervous system shifts into a stress-supporting state so your body can meet the demands of physical activity. After the workout ends, it can take time for your system to fully return to baseline.

Because of that, your stress level may remain elevated for several hours after exercise. This does not necessarily mean something is wrong - it often means your body is still recovering and regulating after the effort.