

# The Effects of STRESS on your Body

**SKIN:** pales as blood moves to core, vital organs.

**HEART:** begins to pound, sending blood around body carrying sugar (energy) and hormones (e.g. adrenalin, cortisol)

**SKIN:** less blood supply can lead to diseases developing.

**HEART:** racing heartbeat and high blood pressure can lead to strokes or heart attacks.

## PRIMARY STRESS RESPONSE

IMMEDIATE & URGENT RESPONSE to SERIOUS THREAT

**MUSCLES:** tense in readiness for action and 'fight or flight'.

**LUNGS:** air passage dilates, breathing more intense to provide more oxygen to feed increase blood supply.

**LIVER:** glycogen converted to blood sugar to give 'short distance' energy.

**DIGESTION:** processes shut down as blood diverted elsewhere. Mouth goes dry to avoid adding extra fluids to stomach.



**BLOOD:** thickens to help it carry more oxygen, fight infection & stop bleeding

**SWEAT GLANDS:** start up to cool the underlying and overheated muscles.

**BLADDER & RECTUM:** Muscles relax to release any excess load.

## SECONDARY STRESS RESPONSE

ONGOING RESPONSE to UNDEALT WITH STRESS

**MUSCLES:** ongoing tension leads to aches & pains, even muscle strain.

**LUNGS:** super-oxygenated blood can lead to blackouts and upset heart rhythms.

**LIVER:** body's own fats and proteins broken down and released to provide further energy.



**BLOOD:** heart works harder due to thickened blood.

**CHOLESTEROL:** high cholesterol in blood can cause hardening of the arteries.

**DIGESTION:** shutdown can lead to stomach problems, particularly if you eat on the run. Increase in acidity can contribute to stomach ulcers.

## WARNING SIGNS:

Below are some of the messages our bodies send to tell us we're stressed. **KEY:** Early Warning Signs with *Secondary Stress Signs* in

### PHYSICAL

- Muscle tension/headaches
- Sleep disturbance/tiredness
- Increased 'breakouts'
- Rapid pulse
- Nausea
- Indigestion
- Increased Sweating
- Flushing (face feeling hot)
- Prolonged/Frequent headaches
- Susceptibility to mild illness
- Dizziness/Faintness
- Breathlessness/Chest Pain
- Ongoing Nausea/Stomach ache
- Ongoing Sleep Issues

### BEHAVIORAL

- Appetite changes/compulsive eating
- Impatience, Carelessness, Hyperactivity
- Poor productivity/Low energy
- Avoidance of situations/places
- Change in sleeping patterns
- Increased alcohol, cigarette and drug use
- Increased absenteeism, aggression, irritability
- Sudden tears

### EMOTIONAL

- Anxiety/Sadness
- Moodiness/Grumpiness
- Loss of sense of Humor
- Withdrawal/Feeling of isolation
- Low self-esteem
- Feelings of guilt and shame
- Extreme anger (over-reaction)
- Loss of libido
- Overwhelming feelings of panic/anxiety

### THOUGHTS/PERCEPTION

- Inability to make decisions or muddled thinking
- Reduced coordination/creativity
- Becoming more vague/forgetful
- Negative 'globalization'. Everything seems to go wrong/is bad
- Fear of rejection/defensiveness
- Rushed decisions
- Over-sensitive to criticism
- Poor concentration
- Negative self-talk/fear of failure
- Feelings of 'unfairness'
- Can't switch off