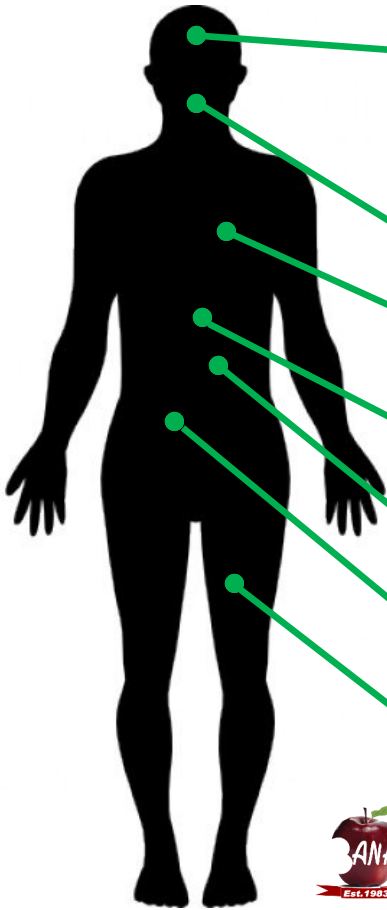


PHYSICAL EFFECTS OF STRESS



BRAIN AND NERVES: Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, trouble concentrating, memory problems, difficulty sleeping and mental health disorders.

SKIN: Acne.

HEART: Faster heart beat, rise in blood pressure, increased risk of high cholesterol and heart attack.

STOMACH: Nausea, stomach ache, increased or decreased appetite, weight change.

PANCREAS: Increased risk of diabetes.

INTESTINES: Diarrhea, constipation and other digestive problems.

OTHER: Muscle aches, tension and weakened immune system.



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TIPS ON COPING WITH STRESS

- 1) Eat right and exercise
- 2) Take time to relax
- 3) Use positive self-talk
- 4) Learn to be assertive
- 5) Use problem solving skills
- 6) Deal with anger constructively
- 7) Build supportive relationships

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EMOTIONAL EFFECTS OF STRESS



WORRYING

IMPAIRED JUDGEMENT

INDECISIVENESS

NEGATIVITY

HASTY DECISIONS

LOSS OF CONFIDENCE

IRRITABILITY

DEPRESSION

ALIENATION

APPREHENSION

APATHY

DID YOU KNOW?

"75% of the general population experiences at least some stress every two weeks."

(National Health Interview Survey)

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