



What Stress Does to Your Body



Head

issues with mood, anger, depression, irritability, sadness and a lack of energy, swings in appetite, concentration problems, sleeping issues, headaches and pain, mental health issues, like anxiety disorders and panic attacks

Skin

skin problems like acne

Joints and Muscles

aches and pains, tension, lowered bone density

Heart

increased blood pressure, increased heart beat, higher cholesterol and instances of heart attack

Stomach

stomach cramps, reflux, and nausea and weight fluctuations

Pancreas

diabetes

Intestines

digestive issues like irritable bowl syndrome, diarrhoea and constipation

Reproductive System

reduced sex drive, lower sperm production (for men) and increased pain during periods (for women)

Immune system

reduced ability to battle and recover from illness