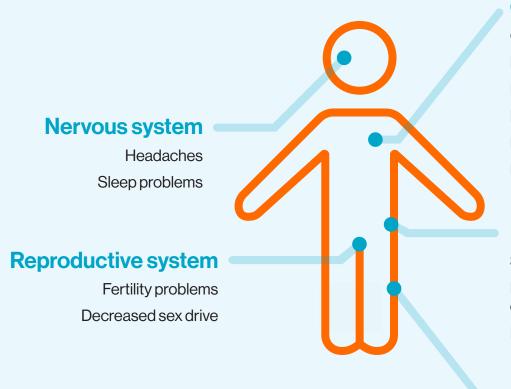
Know your stress

Recognize it.

Effects of distress on the body and mind

Effects of distress on: the body



Cardiovascular system

Chest pain

Pounding heart

Increased risk of heart attack

Rapid breathing

High blood pressure

High blood sugar

Digestive system

Stomachache/upset stomach

Disruption in the balance of good bacteria in the gut

Indigestion/heartburn

Musculoskeletal system

Muscle tension or pain

Effects of distress on: the mind

Restlessness

Lack of motivation or focus

Feeling overwhelmed

Feeling tired



Moodiness or mood changes

Anxiety

Depression

Irritability or anger

It's important to remember all body systems work together as a whole, including the mind-body connection.

