

WHAT STRESS DOES TO THE BODY

SHORT TERM

FEELING WORRIED, NERVOUS OR UNABLE TO SWITCH OFF.

HEART BEATS HARDER AND FASTER TO PUMP MORE BLOOD TO THE MAJOR MUSCLES.

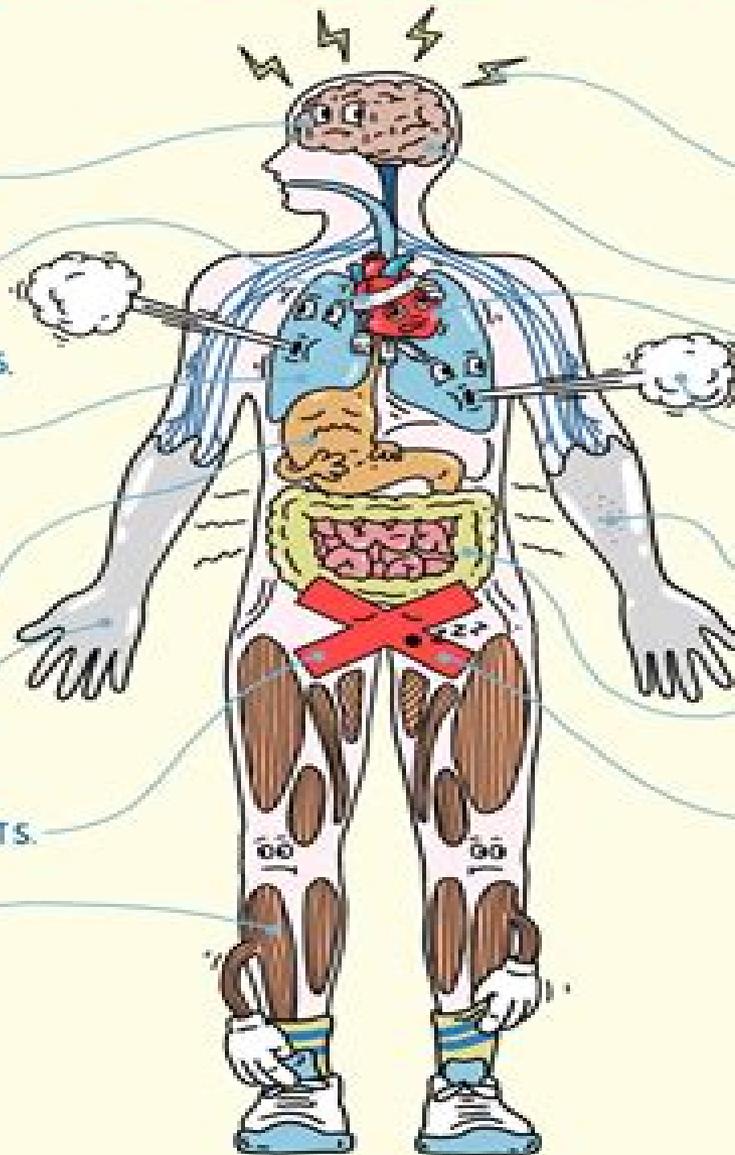
BREATHING QUICKENS TO SEND MORE OXYGEN AROUND THE BODY.

TUMMY ISSUES DUE TO THE RUSH OF STRESS HORMONES.

SKIN BECOMES MORE SENSITIVE AND OILY.

PROBLEMS BETWEEN THE SHEETS.

MUSCLES TENSE UP AS IF THEY'RE PREPARING TO MAKE A RUN FOR IT.



LONG TERM

TENSION HEADACHES AND MIGRAINES.

MENTAL HEALTH PROBLEMS.

SERIOUS HEART PROBLEMS.

TROUBLE BREATHING, HYPERVENTILATION AND PANIC ATTACKS.

SKIN AND HAIR CONDITIONS EG ACNE, HAIR LOSS.

INCREASED RISK OF TYPE 2 DIABETES.

FERTILITY PROBLEMS (FOR MEN AND WOMEN).

You Stress

S Marginson



You Stress:

Enjoying the Song of Phrase: An Psychological Symphony within **You Stress**

In some sort of taken by screens and the ceaseless chatter of instantaneous connection, the melodic beauty and mental symphony created by the written word frequently diminish into the background, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, set within the pages of **You Stress** a marvelous literary treasure full of fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that interesting masterpiece conducts visitors on a psychological trip, skillfully unraveling the concealed songs and profound impact resonating within each cautiously constructed phrase. Within the depths with this moving assessment, we shall discover the book is key harmonies, analyze its enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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