

# 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.

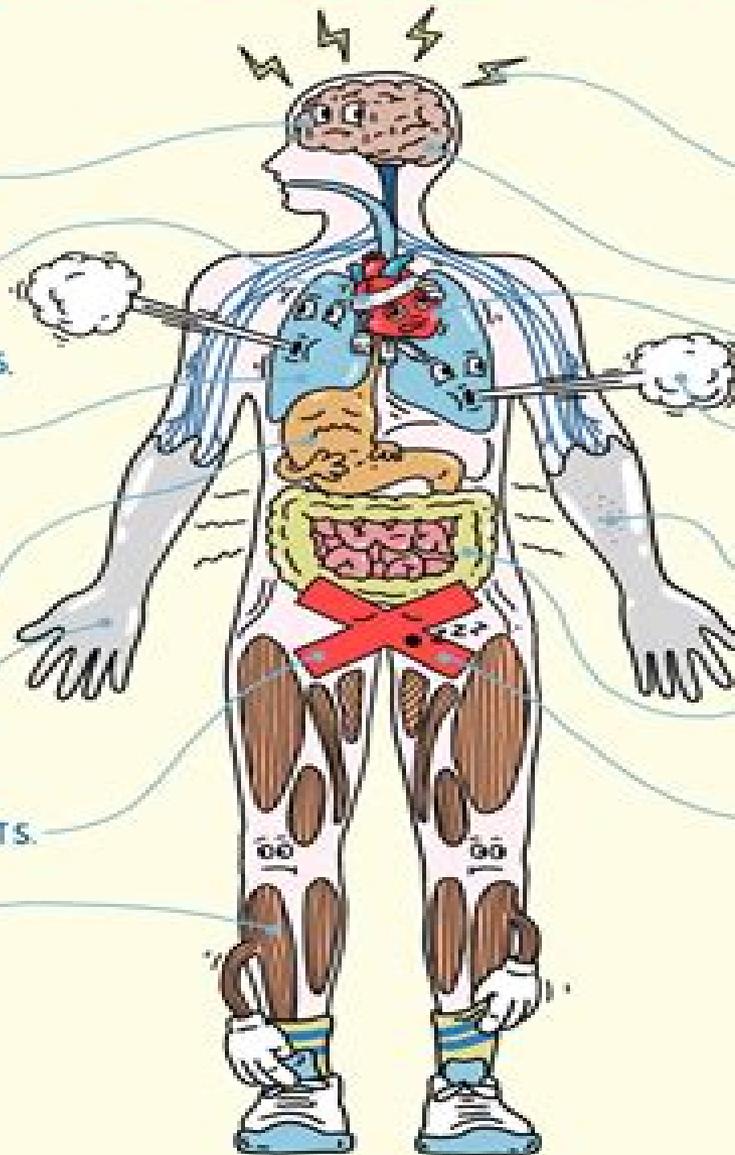
BREATHING QUICKENS TO SEND MORE OXYGEN AROUND THE BODY.

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

**Ensheng Dong**



**You Stress:**

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Witness the Wonders in **You Stress** . This immersive experience, available for download in a PDF format ( Download in PDF: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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