

# The Effects of

# STRESS

## on the Human Body

Stress affects various parts of the human body in different ways. Here's a look at how stress affects some of our major organs:

### THROAT

**Difficulty breathing**  
Stress can lead to hyperventilation or asthma attacks. It can also lead to acid reflux after eating.

### STOMACH

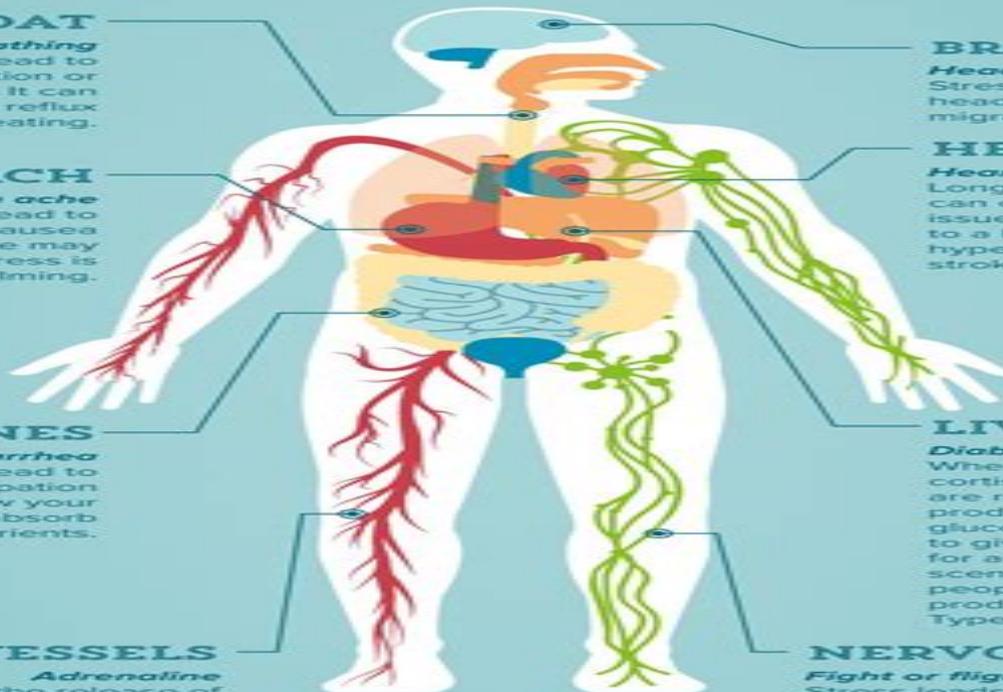
**Stomach ache**  
Stress can lead to stomach aches, nausea or pain, and some may vomit if the stress is overwhelming.

### INTESTINES

**Diarrhea**  
Stress can lead to diarrhea or constipation as it affects how your intestines absorb nutrients.

### BLOOD VESSELS

**Adrenaline**  
Stress causes the release of adrenaline and other stress hormones, which during a prolonged period of time can lead to issues.



### BRAIN

**Headache, migraine**  
Stress can trigger headaches or migraines.

### HEART

**Heart problems**  
Long-term stress can cause heart issues that can lead to a heart attack, hypertension or stroke.

### LIVER

**Diabetes/Glucose**  
When stress hormones cortisol and epinephrine are released, the liver produces additional glucose – blood sugar – to give the body energy for a “flight or fight” scenario. But for some people, additional sugar production can lead to Type 2 diabetes.

### NERVOUS SYSTEM

**Fight or flight**  
Stress leads to the nervous system generating energy for the “fight or flight” response. During a short period of time, this response isn’t dangerous, but chronic stress can damage to the nervous system and body.

### SOURCES

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# Stress And Human Health

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