

# 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.

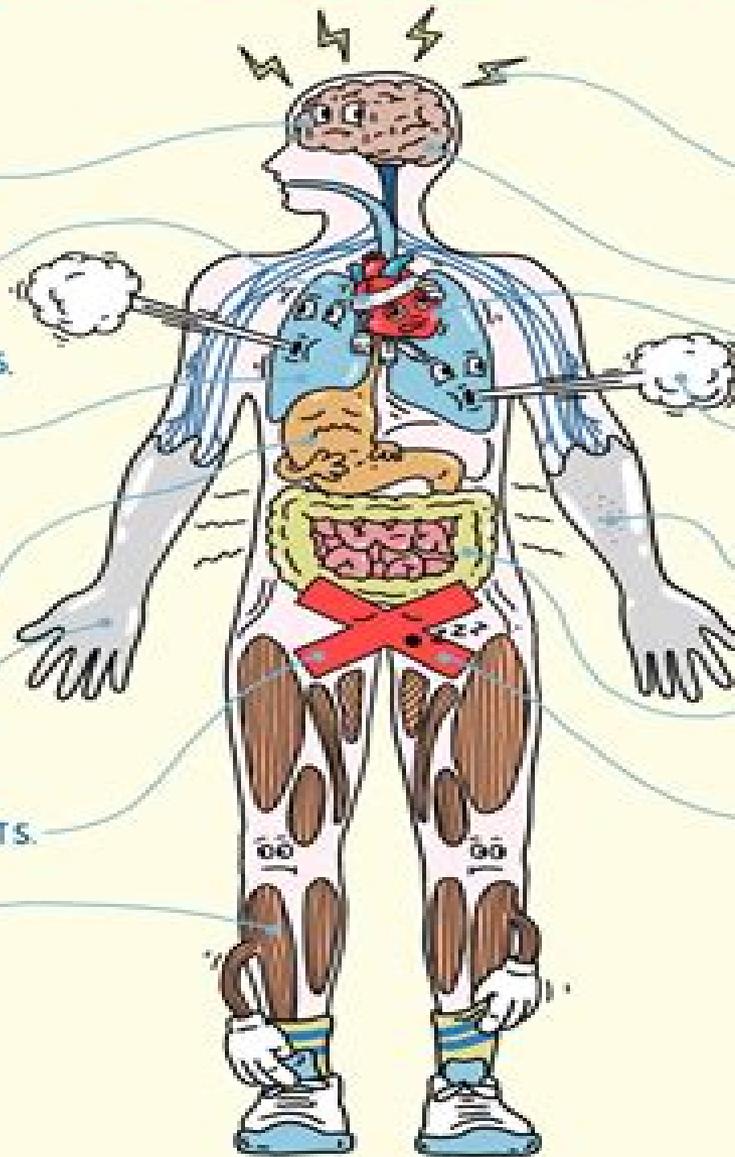
BREATHING QUICKENS TO SEND MORE OXYGEN AROUND THE BODY.

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

**M Tight**



**You Stress:**

Ignite the flame of optimism with Crafted by is motivational masterpiece, **You Stress** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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