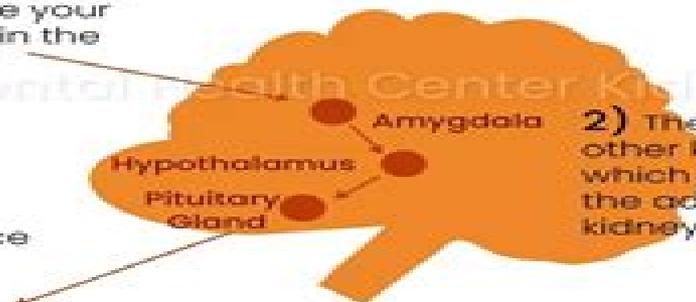


How Stress Affects The Brain And Body

1) **STRESS TRIGGERS** activate your fight-or-flight response starting in the amygdala of your brain.

Stress Triggers Include:

- An important decision
- A big event coming up
- A traumatic experience
- A lot of things going on at once
- Life events outside of your control



2) The amygdala activates other key parts of your brain, which then sends a signal to the adrenal glands in your kidneys.

3) The adrenal glands release stress hormones like cortisol and adrenaline.

How Stress Affects Your Brain

Stress can cause brain fog, and trouble with concentration. Chronic stress can impair parts of the brain associated with memory, decision making, and learning. It can also affect your emotions, increasing your chances of anxiety, depression, and irritability.



Tips To Reduce Stress



Exercise



Get enough sleep



Eat healthy with low sugar, reduced caffeine, and plenty of water



Meditate



Breathe



Laugh



Listen to music



Relaxation techniques

How Stress Affects Your Body



Cardiovascular

- Risk of heart attack and stroke
- High blood pressure
- High cholesterol



Immune System

- Weak immune system
- Increased risk of illness
- Longer recovery time



Joints And Muscles

- Muscle tension
- Aches and pains
- Inflammation
- Weak bones



Skin

- Dry skin
- Hair loss
- Acne
- Brittle nails



Gut

- Upset stomach
- Bowel problems
- Digestion problems
- Pain and discomfort

Affects Of The Mind

Eustace Miles



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