

THE CONSEQUENCES OF STRESS

Stress

Knowing how to identify the common symptoms of stress is already a big step to be able to handle them. If left unchecked, stress can trigger many health problems.



Effects on the Body

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue



Effects on Mood

- Burden
- Irritability or anger
- Sadness or depression
- Anxiety



Effects on Behavior

- Alcohol or drug abuse
- Tobacco use
- Social withdrawal
- Do less exercise

