

KNOW YOUR LIMITS

Week 1: Chronic Stress Symptoms

Stress. We all feel it. But when does it become too much? We need a little bit of stress to provide that extra boost to help us get through situations. However, chronic stress has a serious impact on us, physically, and psychologically. If chronic stress is left untreated, it can lead to a variety of health conditions like insomnia, anxiety, depression, heart disease, and more.

How does our body react to stress?

- Nervous system is in “fight or flight” mode
- Musculoskeletal system has our muscles to tense up
- Respiratory system makes us breath harder
- Cardiovascular system causes an increase in heart rate and stronger contractions
- Gastrointestinal system might cause you have “butterflies” in your stomach or feel nauseous

Signs and Symptoms of Too Much Stress

- Frequent headaches
- Jaw clenching
- Stuttering or stammering
- Tremors of lips and/or hands
- Neck ache, back pain, muscle spasms
- Cold or sweaty hands, feet
- Dry mouth, problems swallowing
- Heartburn
- Constipation
- Diminished sexual desire
- Excess anxiety or worry
- Increased anger
- Depression
- Insomnia
- Difficulty concentrating



Effects of Too Much Stress

- Heart problems
- High blood pressure
- Weakened immune system
- Muscular pain
- Skin problems like acne and eczema

Source: www.stress.org/stress-effects/