

BONUS Day : The Effects of Stress

We are really living at the most exciting time of history,
because of all the knowledge and wisdom we are able to gain...
if only we put these things into practice, of course ;-)

Now we are going to learn how stress affects our health !

Stress also has a great power :-/

It acidifies our body and makes us sick in the long-term.
Stress and burnouts are to be avoided like pest.

Easier to say than to do, I agree !
Some lifestyle improvements may have to be added on the prescription list...

Enjoy the treasures we have discovered for you on the net !

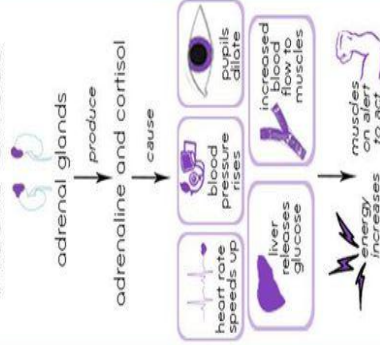
Let's Talk About Stress



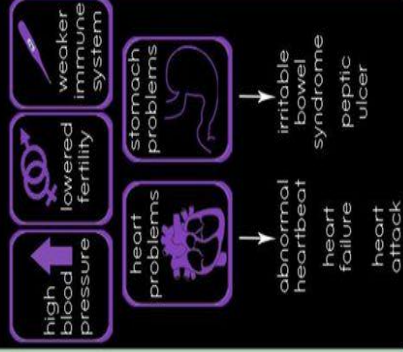
It's estimated that **75-90%** of all doctor visits are due to stress related complaints

What happens to your body when you are stressed?

Acute Stress



Chronic Stress



So how can you manage your stress?

Laugh it off!



Children laugh over **300x a day**
Adults chuckle just **15x a day**.

Lowers
adrenalin and
cortisol,
two stress
hormones

Roll with it!

Roll your feet over a rolling pin for 5 minutes to relieve tension.



Triggers
endorphins,
happiness-
inducing
chemicals



Work it out!

Incorporate regular exercise into your daily routine.

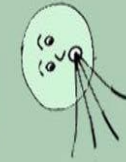
Pituitary gland
releases
endorphins,
easing
anxiety.

Eat it up!

Eat leafy green vegetables, almonds and low fat cottage cheese.



Rich in vitamins
E and many Bs,
magnesium
and zinc



Breathe it out!

Breathe deeply. Inhale through your nose and exhale through your mouth.

Gives body
enough oxygen
and helps
slow heart
rate.

THE EFFECTS OF STRESS ON YOUR BODY

PRESENTED BY THE COACHING TOOLS COMPANY.COM

PRIMARY

IMMEDIATE & URGENT RESPONSE TO SERIOUS THREAT

SKIN: PALES AS BLOOD DIVERTS TO VITAL ORGANS

SWEAT GLANDS: START UP TO COOL THE UNDERLYING AND OVERHEATED MUSCLES

MUSCLES: TENSE IN READINESS FOR ACTION

LUNGS: AIR PASSAGE DILATES, BREATHING MORE INTENSE TO PROVIDE MORE OXYGEN TO FEED INCREASE BLOOD SUPPLY

HEART: BEGINS TO POUND, SENDING BLOOD AROUND BODY CARRYING ENERGY AND HORMONES

BLOOD: THICKENS TO HELP IT CARRY MORE OXYGEN, FIGHT INFECTION & STOP BLEEDING

LIVER: GLYCOGEN CONVERTED TO BLOOD SUGAR TO GIVE 'SHORT DISTANCE' ENERGY

DIGESTION: BLOOD DIVERTED ELSEWHERE. MOUTH GOES DRY TO AVOID ADDING EXTRA FLUIDS TO STOMACH

BLADDER & RECTUM: MUSCLES RELAX TO RELEASE EXCESS LOAD

SECONDARY

ONGOING RESPONSE TO UNDEALT WITH STRESS

SKIN: LESS BLOOD SUPPLY CAN LEAD TO DISEASES DEVELOPING

HEART: RACING HEARTBEAT AND HIGH BLOOD PRESSURE CAN LEAD TO STROKE/HEART ATTACK

BLOOD: HEART WORKS HARDER DUE TO THICKENED BLOOD

MUSCLES: ONGOING TENSION LEADS TO ACHES & PAINS, EVEN MUSCLE STRAIN

LUNGS: SUPER-OXYGENATED BLOOD CAN LEAD TO BLACKOUTS AND UPSET HEART RHYTHMS

DIGESTION: SHUTDOWN CAN LEAD TO STOMACH PROBLEMS, PARTICULARLY IF YOU EAT ON THE RUN. INCREASE IN ACIDITY CAN CONTRIBUTE TO STOMACH ULCERS

LIVER: BODY'S OWN FATS AND PROTEINS BROKEN DOWN AND RELEASED TO PROVIDE FURTHER ENERGY

CHOLESTEROL: HIGH CHOLESTEROL IN BLOOD CAN CAUSE HARDENING OF THE ARTERIES

PHYSICAL

- MUSCLE TENSION/HEADACHES
- SLEEP DISTURBANCE/TREMORS
- FATIGUE/WEAKNESS
- RACING HEART/BEAT
- NAUSEA
- INDIGESTION
- PROLONGED STOMACH ACID
- FLU-LIKE SYMPTOMS (HOT/COOL)
- PROLONGED PROBLEMS WITH SLEEP
- REDUCED ABILITY TO LOSE WEIGHT
- BREAST/LESSNESS/CHESY FEELING
- ONGOING NAUSEA/STOMACH ACID
- ONGOING PITUITARY SLEEP

BEHAVIOURAL

- APPETITE CHANGES/COMPULSIVE EATING
- ANXIETY/STRESS/ANXIETY
- POOR PRODUCTIVITY/LOW ENERGY
- AVOIDANCE OF SITUATIONS/PLACES
- CHANGE IN SLEEPING PATTERNS
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- ANXIETY/STRESS/ANXIETY
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE

EMOTIONAL

- ANXIETY/STRESS/ANXIETY
- MOODINESS/GRUMPINESS
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- LOW SELF-ESTEEM
- FEELINGS OF GUILT AND SHAME
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE

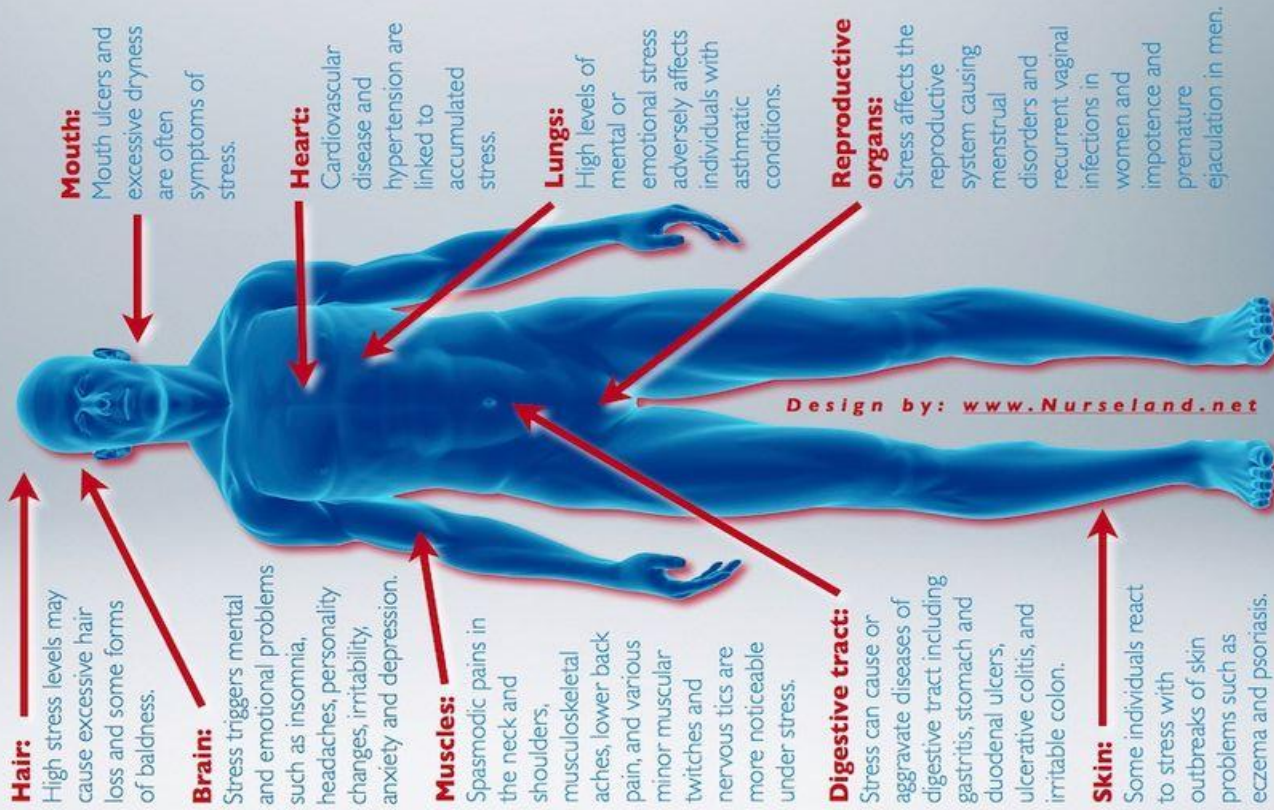
THOUGHTS/PERCEPTION

- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE
- UNUSUAL ALCOHOL/COCAINE AND DRUG USE

WARNING SIGNS BELOW ARE SOME OF THE MESSAGES OUR BODIES SEND TO TELL US WE'RE STRESSED

The Effects of Stress

Physical or mental stresses may cause physical illness as well as mental or emotional problems. Here are parts of the body most affected by stress.



65 SIGNS & SYMPTOMS OF Stress

COGNITIVE SYMPTOMS

- Inability to concentrate
- Seeing only the negative
- Anxious or racing thoughts
- Difficulty in decision-making
- Trouble learning new information
- Constant worrying
- Nightmares
- Guilt
- Poor judgment
- Forgetfulness, disorganization

EMOTIONAL SYMPTOMS

- Depression, general unhappiness
- Low self-esteem - lonely, worthless
- Overwhelmed, like losing control
- Frequent crying spells, suicidal thoughts
- Moodiness
- Apathy
- Irritability, short temper
- Agitation, inability to relax

PHYSICAL SYMPTOMS

- Nervousness, shaking
- Weakness, fatigue
- Twitching, tremors
- Aches, pains, tense muscles, muscle spasms
- Diarrhea or constipation
- Nausea, dizziness, light-headed
- Chest pain, palpitations, rapid heartbeat
- Frequent colds and infections
- Loss of sex drive/ability
- Excess belching, flatulence
- Unexplained "allergy" attacks
- Weight gain/loss without change in diet
- Ringing, buzzing, popping sounds
- Cold or sweaty hands/feet
- Dry mouth, difficulty swallowing
- Clenched jaw, grinding teeth
- Hair loss
- Acne
- Rashes, itching
- Numbness
- Hot/cold waves
- Sweating
- Tingling
- Low energy
- Headaches
- Insomnia
- Heartburn
- Panic attacks
- Sense of vomiting
- Frequent urination
- Difficulty breathing

BEHAVIORAL SYMPTOMS

- Changes in appetite
- Sleeping too much, too little
- Social withdrawal, isolation
- Aggression, hostility
- Overreactions
- Defensiveness, suspiciousness
- Problems in communication
- Obsessive or compulsive behavior
- Nervous habits (nail biting, fidgeting, pacing)
- Low interest in appearance, punctuality
- Stuttering, rapid or mumbled speech
- Procrastinating, neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Lies/excuses to cover up poor work
- Increased number of minor accidents
- Excessive gambling, impulse buying