

Pay Attention to these Signs of Stress

Headaches

Stress can trigger and intensify tension headaches

Heartburn

Stress can increase the production of stomach acid, which could lead to heartburn or make it worse

Rapid Breathing

When you're stressed, the muscles that help you breathe tense up, which can leave you short of breath.

Risk of Heart Attack

Over time, an increased heart rate and high blood pressure damage the arteries, which could lead to a heart attack.

Pounding Heart

Stress hormones make your heart pump faster, so blood quickly can reach your vital organs and limbs.

Stomach Ache

Stress affects the body's digestive system, which can lead to stomach aches, nausea and other tummy troubles.

Increased Depression

Chronic stress can wear you down emotionally and lead to depression.

Insomnia

Stress makes it harder to fall asleep and stay asleep, which can lead to insomnia

Weakened Immune System

Long-term stress weakens your immune system's defenses, leaving you more vulnerable to infections.

High Blood Sugar

Stress causes your liver to release extra sugar (glucose) into your bloodstream, which over time can put you at greater risk for Type 2 diabetes.

High Blood Pressure

Stress hormones tighten blood vessels, which can raise your blood pressure.

Tense Muscles

Stress makes muscles tense up, and chronic stress can lead to tension-related headaches and backaches.

