How Stress Affects THE BODY

DIGESTION
UPSET STOMACH, DIGESTIVE DISORDERS, STOMACH PAIN

HEAD/brain
HEADACHES, DIZZINESS, ANXIETY, PANIC ATTACKS, CHRONIC FATIGUE

HEART
INCREASED HEART RATE, STROKES, HEART DISEASE

MUSCLES
MUSCLE TENSION, GRINDING TEETH, CLENCHED JAW

Stress Facts:
We cannot eliminate stress from our lives, but we can learn to manage how we respond to it.

39% MILLENNIALS WHO REPORT THEIR STRESS HAS INCREASED

69% AMERICANS REPORTING PHYSICAL SYMPTOMS ASSOCIATED WITH STRESS

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