

# Effects of Stress on the Body

**Stress** is a natural physical and mental reaction to encounters in our life. Everyone has and will experience stress; it is just a matter of how you cope when stress occurs. Everyday responsibility to trauma can trigger a stress response where hormones are released that increase your breathing and heart rate which in return requires your muscles to respond.

**Short-term stress** can be a positive in the sense that it might help you meet a work deadline for a short-term situation. I am sure we have all been there where crunch time became our time to excel. However, when that stress doesn't stop intruding, it can take a toll on your body and become a negative component of life. **Chronic stress** includes irritability, anxiety, depression, headaches, insomnia and more. Let's take a look at the domino effect **long-term stress** can have on your body.

If tension is still present or you feel it on the horizon, consider utilizing an interactive tool to measure your stress. Answering a few questions about your current situation will help you understand if it's short-term or long-term stress occurring.

In addition, this tool will gauge your score and provide an estimate of the stress level that could lead to health problems within the year if not addressed.

Determining your stress score can help you take action in reducing the effects of stress. Remember, don't utilize this tool just once a year as stress and situations are constantly changing. Events happen, but how you react will determine the outcome of the event.

[Measure Your Stress Levels Here](#)



## SKIN:

Changes in Skin Texture, Loss of Skin Tone, Loss of Moisture, Thinner & More Delicate Skin



## IMMUNE SYSTEM:

Decreased Immunity



## HORMONES:

Hormonal Imbalances, Increased Cortisol



## BONES:

Decreased Calcium Absorption, Weakened Bones



## BRAIN:

Fatigue, Reduced Concentration, Decreased Mood



## HEART:

Increased Heart Rate, Elevated Blood Pressure



## GUT:

Decreased Nutrient Absorption, Alterations in Gut Motility, Changes in Microbiome, Leaky Gut



## MUSCLE:

Muscle Protein Breakdown

