

# The Stress Phenomenon

How it affects you and how to avoid it

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# Lesson One

Stress is normal

# HOW **STRESS** AFFECTS THE BODY

## **BRAIN**

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

## **CARDIOVASCULAR**

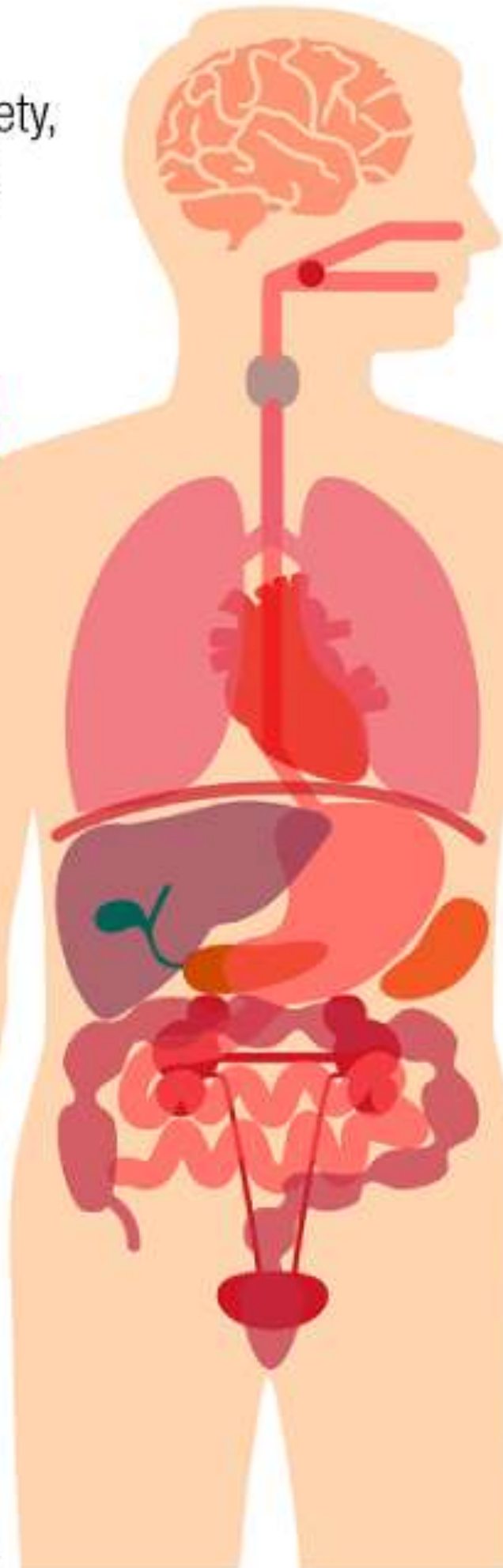
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

## **JOINTS AND MUSCLES**

increased inflammation, tension, aches and pains, muscle tightness

## **IMMUNE SYSTEM**

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



## **SKIN**

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

## **GUT**

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

## **REPRODUCTIVE SYSTEM**

decreased hormone production, decrease in libido, increase in PMS symptoms

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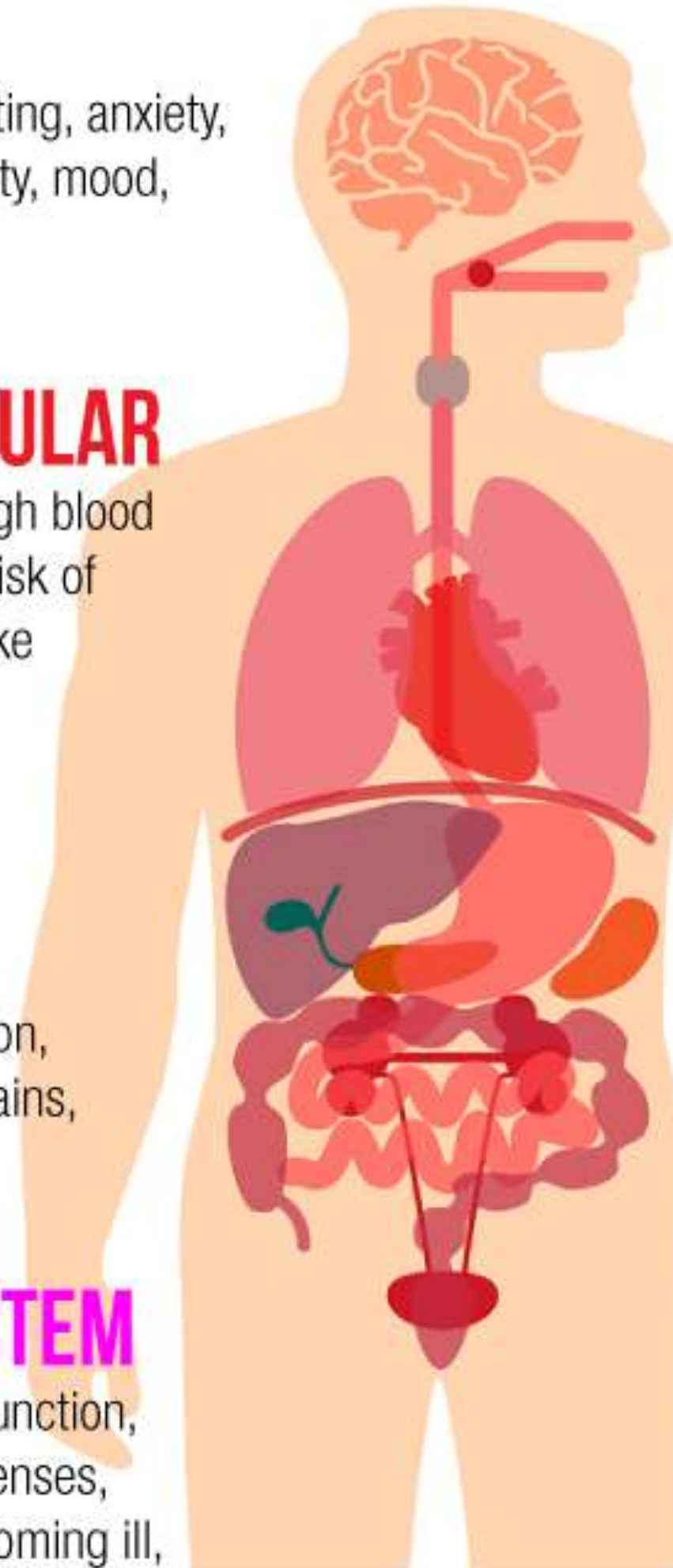
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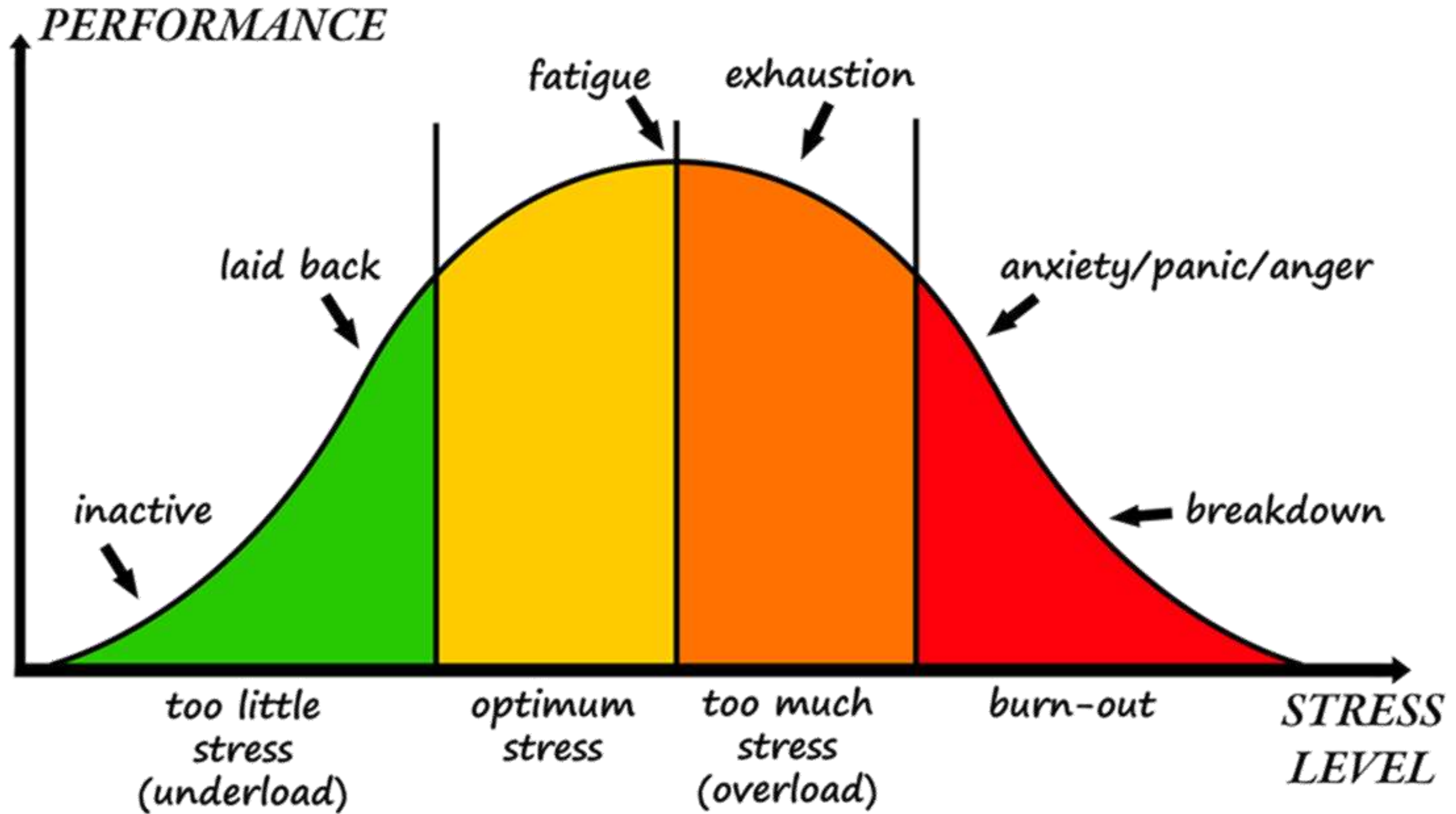
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YOU CAN FIGHT..  
ME UM FLIGHT!..



# STRESS CURVE

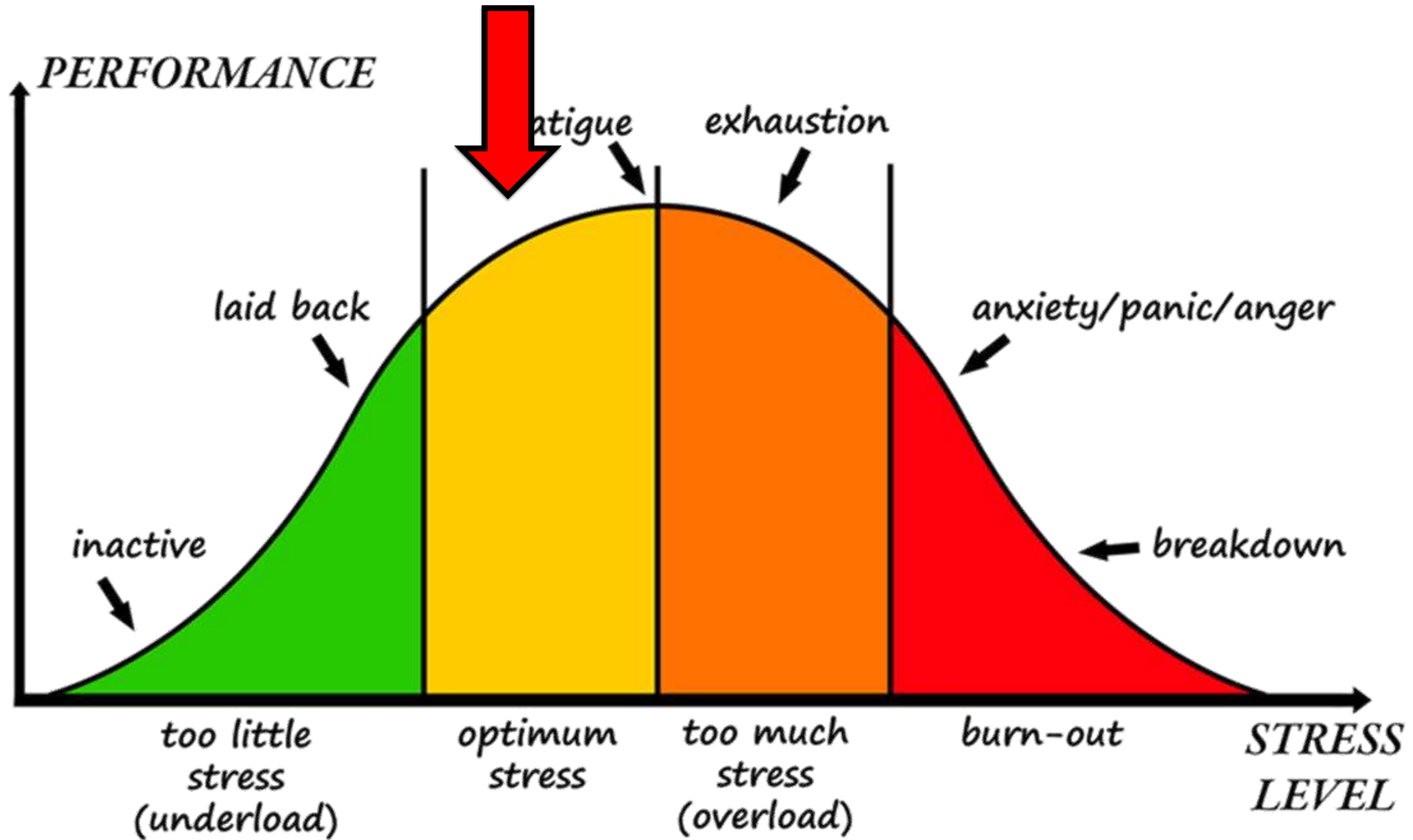


# Lesson Two

Stress isn't all bad



# STRESS CURVE



# Prevention

**Exercise, diet & sleep**

Preparation and planning

**Time/Priority Management**

# Stress Management

**Mindfulness, meditation & relaxation**

Cognitive reframing

**Asking for help**

Maintenance / Growing

**Post-traumatic growth**

Improving bit by bit...

# Lesson Three

Stress can be managed (and beneficial)

# QUESTIONS?

NB: additional resources available on website!

[www.drhappy.com.au](http://www.drhappy.com.au)

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Post-traumatic growth  
**Improving bit by bit...**





For more information...

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