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

**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

**IMMUNE SYSTEM**
decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time
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YOU CAN FIGHT... ME UM FLIGHT!...
Lesson Two

Stress isn’t all bad
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!

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