

STRESS AND YOUR BODY



Stress affects your body's automatic system. This system has two parts:

- **Sympathetic System:** This gets your body ready to react fast when you feel stress. It increases your heartbeat and energy.
- **Parasympathetic System:** This helps you relax. It slows your heartbeat, lowers blood pressure, and calms your body.

Bad Stress (Distress) can happen because of:



- Problems outside (work, traffic)
- Problems inside (pain, sickness)
- Worries (fear, thinking too much)
- Social problems (conflicts with people)

Signs of Bad Stress:

- Headache
- Feeling very tired
- Muscle pain
- Feeling sad or scared

How to Help Yourself:

- Breathe deeply
- Try yoga
- Try biofeedback (listening to your body signals)



If stress is too much, talk to a doctor.