

GOT STRESS? GET TAPPING!

STRESS & YOUR BODY

Stressful situations may be unavoidable, but how you react to them could have a big impact on your body.



- 1 HEADACHES**
When stressed, you may contract your muscles, causing stiffness. Muscle contractions in the neck or head can cause tension headaches, which are common and can range in severity and duration.
- 2 BREAKOUTS**
When you're feeling stressed, your body releases the hormone cortisol. Cortisol increases oil production on the skin, which in turn increases the likelihood of acne breakouts. Stress can also trigger the brain to halt nonessential tasks, resulting in hair loss. Stress-related nervous habits like hair twirling can also cause hair loss.
- 3 DEPRESSION**
Stress is linked to depression and anxiety. In a recent study, researchers found that stress inhibits the growth of new brain cells (neurogenesis) in a part of the brain called the hippocampus. In mice, this caused sustained stress responses and depression.
- 4 BLOOD PRESSURE**
Stress can trigger high blood pressure and cardiovascular disease by producing surplus adrenaline and cortisol hormones. This can cause an increased or irregular heart rate, constrict blood flow and increase the need for oxygen and the likelihood of blood clots, which can cause heart attacks. If you have heart disease, stress may cause chest pain, called angina.
- 5 DIGESTION**
When the fight or flight response is triggered, the body slows or stops digestive function to focus its energy on possible danger. In periods of moderate or fleeting stress, a partial pause in digestive function can cause pain, discomfort and other gastrointestinal problems.
- 6 METABOLISM**
Spiked cortisol levels from stress can suppress the appetite and slow digestive functions. This can affect metabolism by changing the way glucose is released into the bloodstream.
- 7 FERTILITY**
When your body releases too much cortisol (during periods of extreme stress, for instance), the brain puts reproductive functions on hold. Cortisol signals your body to stop producing estrogen and progesterone. This causes irregularities or omissions in your menstrual cycle.

 For tips on managing stress
www.HealthyWomen.org/condition/stress

**TAP
YOUR
STRESS
AWAY**



Wed 5/2/18

Time 5:30

High Mountain Hall

Join Kim Snyder Sterrs of Heart Centered Connection and Dr Deb Peabody of 4 Seasons Wellness for a discussion of how stress can lead to chronic illness. Learn Tapping as a simple tool to reduce stress.