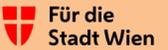


Consequences of Stress



 When a person has permanent stress, their body, thoughts, and feelings cannot rest. They are in a constant state of alertness. When we do not rest enough, stress can affect our health in various ways.

Physical...

- Increase in stress hormones and tension
- Permanent high heart rate, high blood pressure, high blood sugar
- Poor blood circulation
- Less oxygen in the brain
- Suppressing of hormones for joy and sleep
- Poor diet, less physical activity

and Psychological....

- Less control over thoughts, feelings and mood
- Increase in negative thoughts, worries, rumination and unhappiness



Chronic Stress increases the Risk for...

Cognitive Problems

Poor cognitive functioning and memory, degradation of brain mass and connections, Alzheimers,...

Psychological Problems

Depression, panic attacks, burnout, addiction problems, e.g., alcohol, self-esteem issues, self-harming behaviour,...

Social Difficulties

Problems with family, relationships, friendships, work,...

Sleeping Problems

Problems falling asleep and sleeping through, insomnia,...

Cardiovascular Diseases

Cardiac arrhythmias, heart attack, stroke,...

Diabetes

•Reduced effect of insulin

Weakened Immune System

Flu, viral infections, herpes, allergies,...

Gastrointestinal Diseases

Inflammation, ulcers, irritable bowel syndrome (IBS), chronic digestive problems,...

Chronic Pain

Higher sensitivity to pain, headaches, back pain,...

Eye and Hearing Problems

Visual disturbances, tinnitus, unilateral hearing loss,...

Skin Diseases

Neurodermatitis, psoriasis, eczema, acne, hair loss,...

Disordered Menstrual Cycle

irregular cycle, absence of the menstruation

Sexual Problems

No desire for sex, erectile dysfunction, pain during intercourse,...



It all starts in your Head...

Not only do stress and negative thoughts start in our head, overcoming it does, too. We can always learn how to handle stress well!

We at project NEDA are happy to help you to feel better again!
Feel free to give us a call!



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