

# What is Stress?



All of us experience stress, but how can we identify it?  
And how do we know when it is too much?



## Possible Indicators of Stress:



- Feeling overwhelmed
- Strong nervousness or tension
- Higher irritability or increased anger
- Less energy or motivation
- More worries, fears or panic
- Being angry with yourself
- Repeating negative thoughts
- Decreased concentration
- Higher forgetfulness
- Being less efficient at work
- Less desire to meet friends and family
- Less desire for hobbies and sports
- Smoking more
- Consuming more alcohol and drugs
- Less sexual desire
- Less or worse sleep

- A racing heart
- Fast breathing
- Sweating
- Shaking/Shivering
- Higher blood pressure
- Stomachache, heartburn, nausea
- Indigestion, e.g. diarrhea, constipation
- Less appetite
- More appetite
- Headaches
- Vertigo
- Tinnitus
- Tensions in your shoulders, neck, or back
- Teeth grinding
- A dry mouth
- Eye twitching



## Why do we feel Stress in our Bodies?

In stressful situations, stress hormones are released into our body, this is why we feel stress in our whole body. Our body does that to be able to react quickly in dangerous situations. All of our energy is consumed when we have to handle stress. That is why we often feel exhausted or tired.

## When is Stress unhealthy?

After a stressful situation, our body calms down and we can relax again. However, if we are always stressed out, our body cannot calm down. This can lead to exhaustion and various physical and mental problems.



## What can you do about Stress?



In order to relax, we should take regular breaks and time for ourselves, for example for sports, hobbies and time with friends. This protects us from further stress. During stressful times, breathing exercises, going for walks, social contacts and professional support (e.g. psychologists or psychotherapists) can help.



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



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