

AJ Williams

Stress Management

Body BioLogic Holistic Pathophysiology



What is Stress?

Stress is feelings of being overwhelmed and not being able to cope with mental and emotional pressure. Stress is a normal human reaction that happens to everyone, the body is even designed to experience stress.

Stress is how the body responds to the high demands on the brain and body.

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What Are The Causes of Stress

- pressure
- worrying about things
- feeling uncertain
- facing big changes
- overwhelming responsibilities
- fear of the future

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WAYS TO COPE WITH STRESS

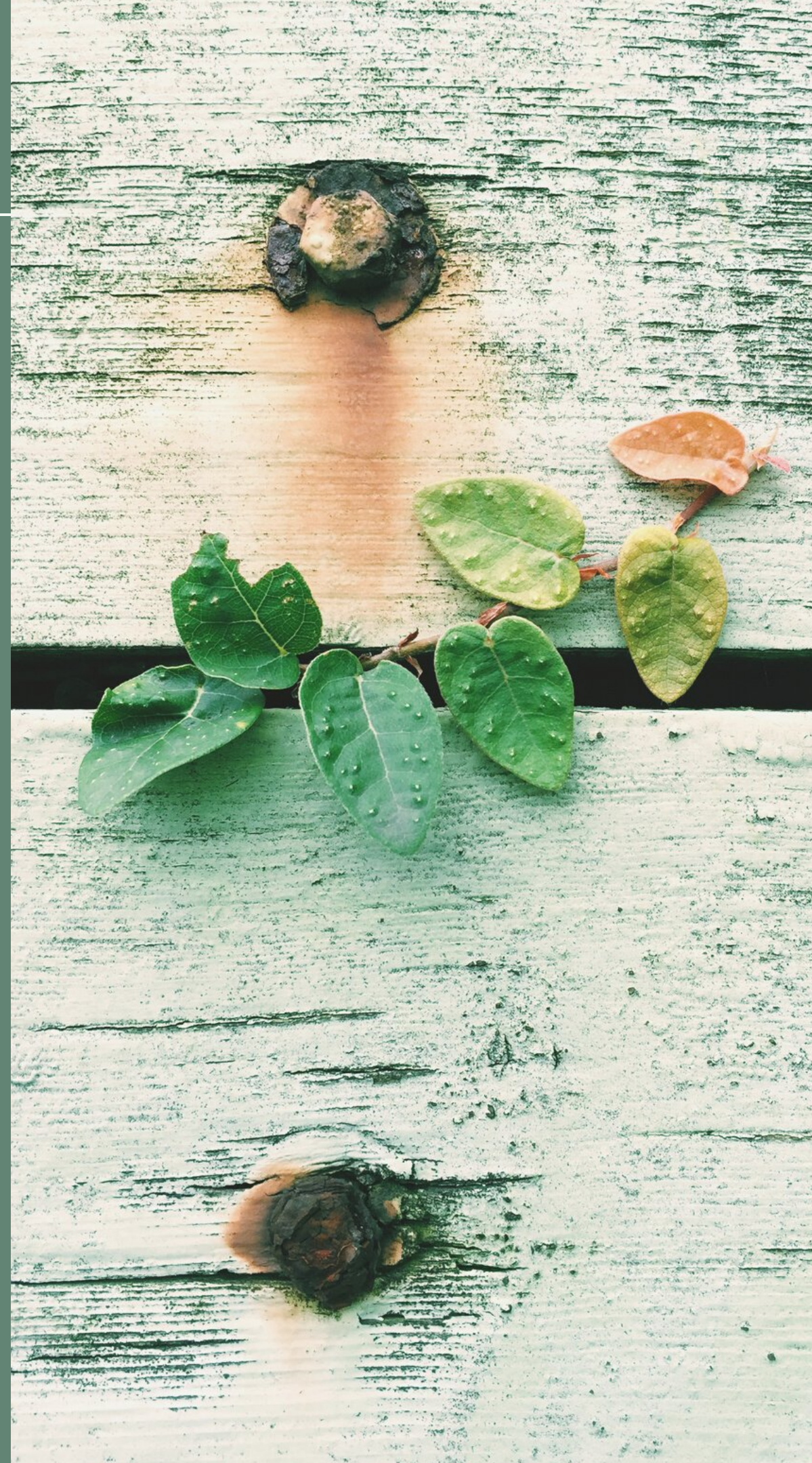
Meditation is a great way to deal with stress, relaxing spa time, self-care, laughing, speaking to a counselor or therapist.

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What Happens To The Body During Stress

The body's autonomic nervous system is activated and controls your breathing, vision and heart rate. It's responsible for flight or fight mode.

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Physical Symptoms

- BODY ACHES/PAINS
- FATIGUED/EXHAUSTION
- HIGH BLOOD PRESSURE
- SEX DRIVE/LIBIDO ISSUES
- WEAKENED IMMUNE SYSTEM
- HAIR LOSS
- PRE-MATURE AGING
- DIGESTIVE ISSUES

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Spa-Time & Self-care





SADNESS

IRRITABILITY

HEADACHES

Anxiety

Panic Attacks

Depression

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What Stress Can Lead To

How People Deal With Stress

- Drinking alcohol
- Drug use/abuse
- Smoking cigarettes
- Over eating
- Eating junk foods

How Is Stress Diagnosed

Through a healthcare provider by way of blood pressure test results and evaluation of symptoms.

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