

PHYSICAL EFFECTS OF LONG-TERM STRESS



Headaches
Depression or anxiety
Forgetfulness
Stroke risk may rise



Muscle pain and fatigue
can make eczema
or psoriasis flare up



Can make acne
or rosacea flare up



More likely to
catch colds or flu



Risk of high bp or
heart attack may rise



Odds of
diabetes may rise



Diarrhea
or constipation



Weight gain or loss
upset stomach



Sexual problems



