**HEART:** begins to pound, sending blood around body carrying sugar (energy) and hormones (eg. adrenalin)

**SKIN:** pales as blood diverted to vital organs.

**SKIN:** less blood supply can lead to diseases developing.

**HEART:** racing heartbeat and high blood pressure can lead to strokes or heart attacks.

**SECONDARY STRESS RESPONSE**

**ONGOING RESPONSE to UNDEALT WITH STRESS**

**PRIMARY STRESS RESPONSE**

**IMMEDIATE & URGENT RESPONSE to SERIOUS THREAT**

**MUSCLES:** tense in readiness for action.

**SWEAT GLANDS:** start up to cool the underlying and overheated muscles.

**BLOOD:** thickens to help it carry more oxygen, fight infection & stop bleeding

**LIVER:** body’s own fats and proteins broken down and released to provide further energy.

 ** **

**LUNGS:** air passage dilates, breathing more intense to provide more oxygen to feed increase blood supply.

**BLOOD:** heart works harder due to thickened blood.

**CHOLESTEROL:** high cholesterol in blood can cause hardening of the arteries.

**LIVER:** glycogen converted to blood sugar to give ‘short distance’ energy.

**MUSCLES:** ongoing tension leads to aches & pains, even muscle strain.

**LUNGS:** super-oxygenated blood can lead to blackouts and upset heart rhythms.

**BLADDER & RECTUM:** Muscles relax to release any excess load.

**DIGESTION:** shutdown can lead to stomach problems, particularly if you eat on the run. Increase in acidity can contribute to stomach ulcers.

**DIGESTION:** processes shut down as blood diverted elsewhere. Mouth goes dry to avoid adding extra fluids to stomach.

**WARNING SIGNS:**

Below are some of the messages our bodies send to tell us we’re stressed.

**KEY:** Early Warning Signs*, Secondary Stress Signs in italics*

**PHYSICAL**

|  |
| --- |
| * **Muscle tension/headaches**
 |
| * **Sleep disturbance/tiredness**
 |
| * **Increased ‘breakouts’**
 |
| * **Rapid pulse**
 |
| * **Nausea**
 |
| * **Indigestion**
 |
| * **Increased Sweating**
 |
| * **Flushing (face feeling hot)**
 |
| * ***Prolonged/Frequent headaches***
 |
| * ***Susceptibility to mild illness***
 |
| * ***Dizziness/Faintness***
 |
| * ***Breathlessness/Chest Pain***
 |
| * ***Ongoing Nausea/Stomach ache***
 |
| * ***Ongoing fitful Sleep***
 |

 **BEHAVIOURAL**

|  |
| --- |
| * **Appetite changes/compulsive eating**
 |
| * **Impatience, Carelessness, Hyperactivity**
 |
| * **Poor productivity/Low energy**
 |
| * **Avoidance of situations/places**
 |
| * **Change in sleeping patterns**
 |
| * ***Increased alcohol, cigarette and drug use***
 |
| * ***Increased absenteeism, aggression, irritability***
 |
| * ***Sudden tears***
 |

**EMOTIONAL**

|  |
| --- |
| * **Anxiety/Sadness**
 |
| * **Moodiness/Grumpiness**
 |
| * **Loss of sense of Humor**
 |
| * **Withdrawal/Feeling of isolation**
 |
| * **Low self-esteem**
 |
| * **Feelings of guilt and shame**
 |
| * ***Extreme anger (over-reaction)***
 |
| * ***Loss of libido***
 |
| * ***Overwhelming feelings of panic/anxiety***
 |

**THOUGHTS/PERCEPTION**

|  |
| --- |
| * **Inability to make decisions or muddled thinking**
 |
| * **Reduced co-ordination/creativity**
 |
| * **Becoming more vague/forgetful**
 |
| * **Negative ‘globalization’. Everything seems to go wrong/is bad**
 |
| * **Fear of rejection/defensiveness**
 |
| * **Rushed decisions**
 |
| * **Over-sensitive to criticism**
 |
| * ***Poor concentration***
 |
| * ***Negative self-talk/fear of failure***
 |
| * ***Feelings of ‘unfairness’***
 |
| * ***Can’t switch off***
 |