

Stress and Weight Gain

First step: Shape Your Body. Moses Clinic, June 5, 2024



Table of contents

1. What is stress?

2. Signs of Stress

3. Cortisol & Weight Gain

4. Next Sessions

5. Sources

1.

What is stress?

First step: Shape Your Body. Moses Clinic, June 5, 2024



Stress

- State of worry or mental tension caused by a difficult situation (World Health Organization)



Types of Stress



Short-Term/Acute

- Lasts for a brief time and then goes away
- Helpful in situations where you need to react quickly or feel energized
- “Good stress” can help you prepare for events

Long-Term

- Stress that lasts for weeks or months
→ can lead to physical and emotional problems

2.



Signs of Stress

Weight Gain



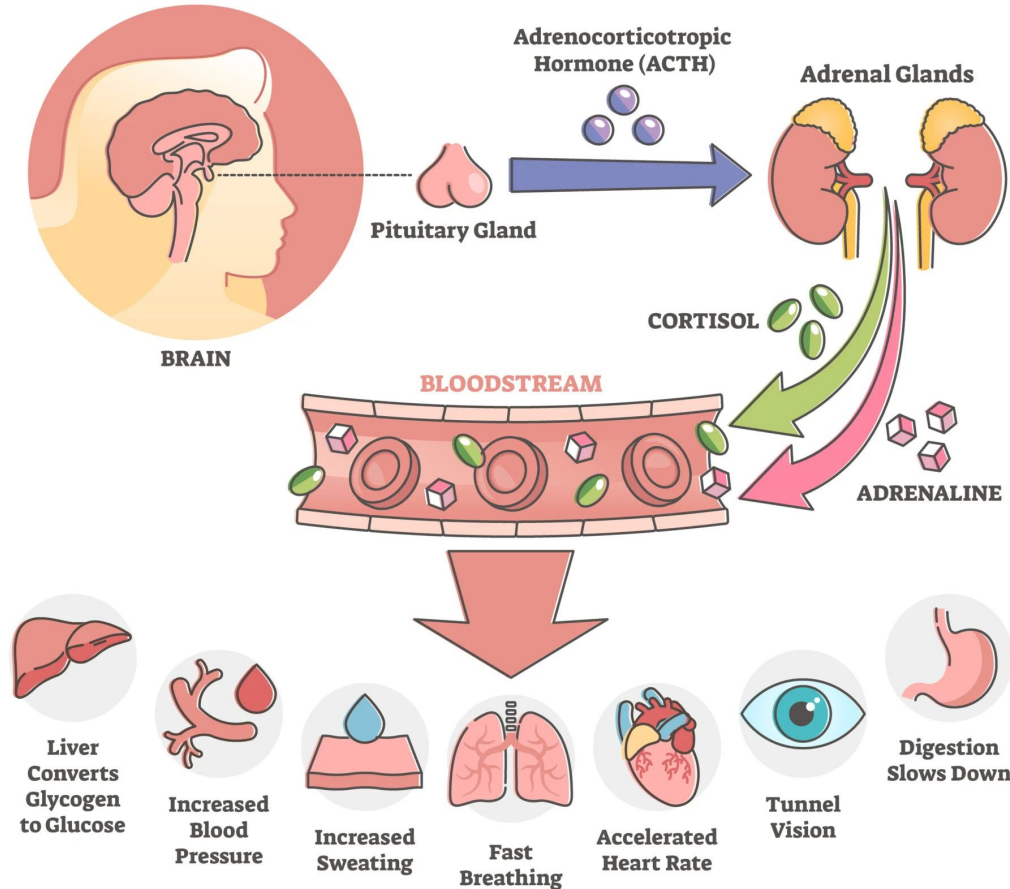
3.

The Role of Cortisol

First step: Shape Your Body. Moses Clinic, June 5, 2024



STRESS RESPONSE



First step: Shape Your Body. Moses Clinic, June 5, 2024

Long-Term Effects of Cortisol



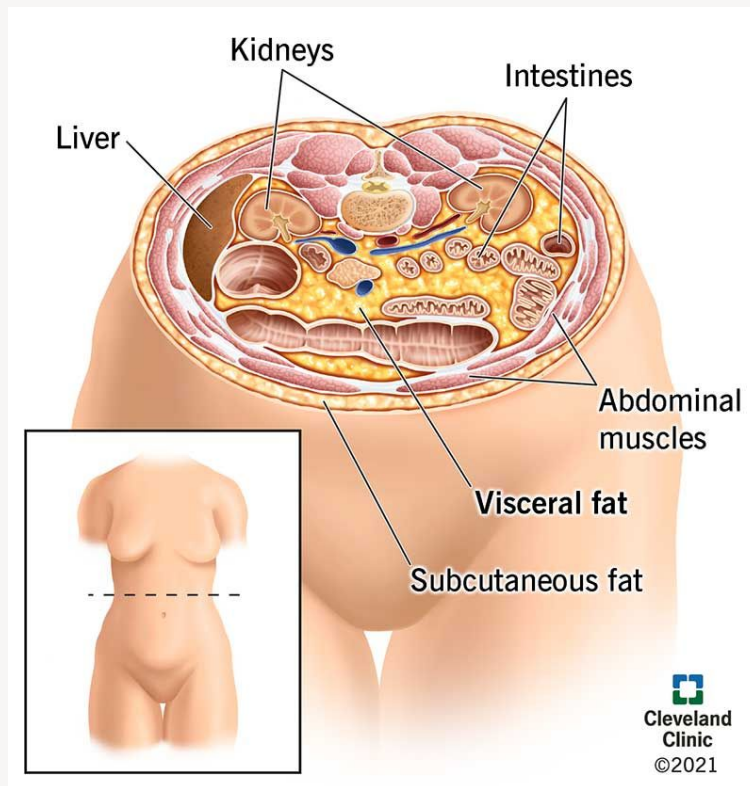
- Increased blood pressure
- Atherosclerosis (buildup of plaque on arteries)
- Immune suppression
- Muscle Breakdown
- Osteoporosis
- Weight Gain

How does cortisol cause weight gain?

- Cortisol puts body in 'fight or flight' mode → increases processes needed for survival only
- Increases blood glucose and insulin
- Stimulates appetite
- Increase fat storage in abdomen (visceral fat)



Visceral Fat



4.



Next Sessions...

First step: Shape Your Body. Moses Clinic, June 5, 2024

Learning More About Stress & Stress Management



1. Yoga

2. Meditation/
Mindfulness

3. “Comfort
foods”

4. And more!



Questions?

CREDITS: This presentation template was created by [Slidesgo](#), and includes icons by [Flaticon](#), and infographics & images by [Freepik](#)

Please keep this slide for attribution

First step: Shape Your Body. Moses Clinic, June 5, 2024



5.



Resources

First step: Shape Your Body. Moses Clinic, June 5, 2024

Resources

- [UpToDate: Patient education: Stress \(The Basics\)](#)
- [World Health Organizations: Doing What Matters in Times of Stress](#)
- [Cleveland Clinic: Stress](#)
- [Cleveland Clinic: Stress and Weight Gain](#)
- [Effect of increase in cortisol level due to stress in healthy young individuals on dynamic and static balance scores](#)
- [Stress, cortisol, and obesity: a role for cortisol responsiveness in identifying individuals prone to obesity](#)
- [Stress-induced cortisol response and fat distribution in women](#)
- [Is visceral obesity a physiological adaptation to stress?](#)
- [Stress \(World Health Organization\)](#)
- [Visceral Fat \(Cleveland Clinic\)](#)