



First Steps: Anxiety and Stress



Table of contents



01

Review



02

Discussion



01

Review





Stress and Weight Gain

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)





Relaxation Methods

- Yoga
- Belly Breathing
(previous session)
- Meditation
- Journal
-





Discussion

- Watching how we respond to stress (such as eating comfort food)
- Noticing my body's response to stress → tightened muscles
 - Meditation
 - Doing a hobby (like art)