

# The Effects of Stress

*Physical or mental stresses may cause physical illness as well as mental or emotional problems. Here are parts of the body most affected by stress.*

## **Hair:**

High stress levels may cause excessive hair loss and some forms of baldness.

## **Brain:**

Stress triggers mental and emotional problems such as insomnia, headaches, personality changes, irritability, anxiety and depression.

## **Muscles:**

Spasmodic pains in the neck and shoulders, musculoskeletal aches, lower back pain, and various minor muscular twitches and nervous tics are more noticeable under stress.

## **Digestive tract:**

Stress can cause or aggravate diseases of digestive tract including gastritis, stomach and duodenal ulcers, ulcerative colitis, and irritable colon.

## **Skin:**

Some individuals react to stress with outbreaks of skin problems such as eczema and psoriasis.

## **Mouth:**

Mouth ulcers and excessive dryness are often symptoms of stress.

## **Heart:**

Cardiovascular disease and hypertension are linked to accumulated stress.

## **Lungs:**

High levels of mental or emotional stress adversely affects individuals with asthmatic conditions.

## **Reproductive organs:**

Stress affects the reproductive system causing menstrual disorders and recurrent vaginal infections in women and impotence and premature ejaculation in men.



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