

July *LifeSolutions*' Corner 2009

Can stress *really* affect my health?

Yes! Both short and long-term stress can have effects on your body. Stress triggers changes in our bodies and makes us more likely to get sick. It can also make existing problems worse.

Stress can play a part in the following ways:

- trouble sleeping
- headaches
- constipation
- diarrhea
- irritability
- lack of energy
- lack of concentration
- eating too much or not at all
- anger
- sadness
- higher risk of asthma
- arthritis flare-ups
- tension
- stomach cramping
- stomach bloating
- skin problems, like hives
- depression
- anxiety
- weight gain or loss
- heart problems
- high blood pressure
- irritable bowel syndrome
- diabetes
- neck and/or back pain
- less sexual desire
- harder to get pregnant

LifeSolutions can work with you to assess what is really going on and to help you get connected to the most appropriate resources. Treatment will not eliminate life's inevitable stresses and ups and downs, but it can greatly enhance your ability to manage such challenges and lead to greater enjoyment of life and work.

You can also visit us on the web at www.lifesolutionsforyou.com to find more articles and information on the topic of stress and stress management. Any questions? Please call us at 1-800-647-3327 or email ask@lifesolutionsforyou.com.

Source: Stress and Your Health: Frequently Asked Questions. National Women's Health Information Center (NWHIC). July 15, 2009.
<http://www.womenshealth.gov/faq/stress-your-health.cfm>.