STRESS =

Healthy

Stress is a normal reaction in threatening or exciting situations. It can work as a positive and motivating factor. After the stress response your body recovers naturally and you will feel relaxed again.

Unhealthy

The tension accumulates and your body can no longer recover. The stress persists and becomes chronic: it’s hard to relax and you will suffer from physical and mental complaints.

On the back of this flyer you will find what intense stress can do with your body in the short and long term. But your thoughts and behavior also contribute to stress. That’s why it is important to always keep a balance between resources and stressors.

TAKE A MOMENT TO THINK ABOUT THIS: WHAT GIVES YOU ENERGY AND WHAT TAKES ENERGY?

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**STRESSORS**

"takes energy"

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**RESOURCES**

"gives energy"

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STRESSORS

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RESOURCES

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How does stress affect my body?

**STRESS**

**MORE ALERT**
Brain is focused on the threat: hunted feeling, lack of concentration, bad sleep, worry, headache.

**MUSCLE STRAIN**
The body prepares to fight or flee: muscle tension because of blood to arms and legs. After a while pain and shaking.

**HEARTBEAT**
Hart beats faster to get more oxygen and blood where you need it the most: palpitations.

**BREATHING**
To absorb oxygen you breath faster: chest pain, no breath, feeling asphyxiated, blurred sight, dizziness.

**STOMACH**
Digestion slows down: you get nauseous, dry mouth, stomach ache.

**SWEAT**
To cool down your body

**BLOOD**
Away from places where you need it less: skin, hands, feet. Looking pale and feeling cold.

**BLADDER AND GUTS**
Urge to empty, to be lighter to fight and flight. Fear to lose control, frequently to the toilet.