

# STRESS =

## Healthy

*Stress is a normal reaction in threatening or exciting situations. It can work as a positive and motivating factor.*

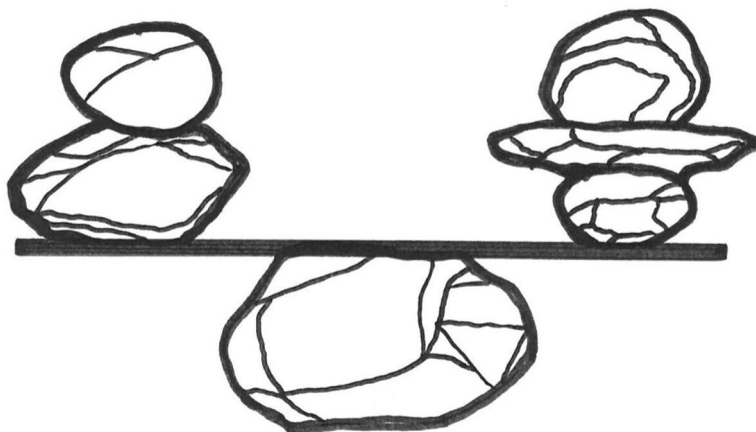
*After the stress response your body recovers naturally and you will feel relaxed again.*

## 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?**



### STRESSORS

*"takes energy"*

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### RESOURCES

*"gives energy"*

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How does

# STRESS

*affect my body?*

## 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

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

## MORE ALERT

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

## STOMACH

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

## BREATHING

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

## 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

