**STRESS =**

**Healthy**

Stress is a normal reaction in threatening or exciting situations. It involves an acute reaction that prepares your body for action. 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 reaction persists and the body does not get sufficient recovery; you may suffer from physical and mental complaints.

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On the back of this infographic you will find what effects stress has on your body. To break through the peaks of stress and not let tension build up, it is important to schedule sufficient recovery moments. Therefore, map both your stressors and resources and check whether they are in balance.

**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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**How does stress affect the 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.

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

**HEARTBEAT**
Heart beats faster to distribute more oxygen and blood to where you need it most: palpitations.

**BREATHING**
To absorb oxygen, you start breathing faster and higher: chest pain, breathlessness, feeling asphyxiated, blurred vision, dizziness.

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

**BLADDER AND GUTS**
Urge to empty, to be lighter to fight and flee. Fear of losing control, often going to the toilet.

**SWEAT**
To cool down your body

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

**Tip:** identifying your stress signals can already have a reassuring effect. In addition, it is a healthy warning signal to deal with your stress.

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