What does **stress** do to you?

- **Disrupts sleep, worsens chronic fatigue**
- **Causes headaches, lack of concentration, memory problems**
- **Creates feelings of anxiety, anger, irritability, and depression**
- **Aggravates asthma symptoms**
- **Can lead to excessive hair loss and acne**
- **Worsens peptic ulcer disease, inflammatory bowel disease, irritable bowel syndrome, food allergies, stomach cramps, reflux, nausea, and weight fluctuations**
- **Complicates alcoholism, tobacco and drug addiction, and other harmful behaviors**
- **Leads to inflammation, which can cause a variety of chronic health conditions**
- **Elevates insulin secretions, which can lead to diabetes, damaged arteries, and obesity.**
- **Increases risk for low bone density and osteoporosis**
- **Causes muscle aches and pains, tension, and tightness; exacerbates twitches and nervous tics**
- **Increases blood pressure, cholesterol, risk of heart attack and stroke**
- **Weakens immune system, making it harder to resist or recover from illness**
- **Increases risk for low bone density and osteoporosis**