Total Worker Health: **STRESS**

What does **stress** do to you?

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