

All you need to know about

Stress

Key physical effects of stress

It stops our brains from processing information effectively



It produces super strength hormones: adrenaline, cortisol, dopamine & DHEA

Interrupts good thyroid function



It powers up the Sympathetic Nervous System- our emergency response system

Reduces immune system function and healing



Stresses our heart

Breaks up sleep patterns



Messes up our digestion

Changes sugar and fat metabolism



Changes neurotransmitter levels

So, stress isn't 'all in your mind' at all



90% of doctors appointments are stress related



Stress will take 10 years off your life



Getting stressed is avoidable