

# The Effects of Stress on the Body



While a stress response is a normal function for our bodies and we definitely do need it in certain circumstances, being constantly stressed is not healthy and it's making us sick. In fact, according to the World Health Organisation, stress is the health epidemic of the 21st Century.

There are three ways our bodies can be stressed:

- Physical: this can be a trauma, injury, accident or fall
- Chemical: this includes flu, bacterial infection, hangovers, and unbalanced blood sugar levels
- Emotional: this is the fear-inducing situations, perceived pressure at work or financially, family tragedies.

The infographic below outlines both the short and long-term effects stress can have on the body. Stress that's left unchecked can lead to many health problems such as high blood pressure, heart disease, insomnia, depression, and more!

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