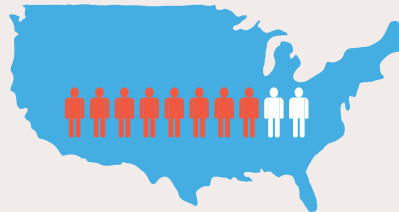


80 percent of American adults report that they feel stressed.

While we often focus on the emotional side of stress, the greater danger is what it does to us physically.



How stress works

During stressful times, hormones such as cortisol and epinephrine rise — revving up your system to respond.



Your body on stress

From head to toe, these are some of the ways stress can immediately affect your body:



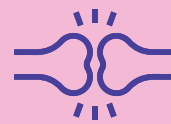
headaches



acne or hives



rapid or labored breathing



muscle and joint aches



neck, shoulder and back tension



chest pain



heart rate changes



nausea and stomach pain

Long-term troubles

While stress can shake you up when it happens, it can also have these lasting effects:



trouble sleeping



lack of energy



hair loss



digestion problems



reduced bone density



increased risk of chronic health issues



weight gain or loss



impaired immune response

4 steps to de-stress

Don't let stress get the better of you. Follow these simple steps to keep it at bay:

1. Eat well

Eat a balanced diet of mostly plant-based foods.



2. Sleep

Get 7 to 9 hours of quality sleep per night.



3. Exercise

Do some sort of physical activity every day.



4. Meditate

Practice mindfulness to regulate emotions.



From the expert

“Too much stress can impact multiple systems and even lead to an early demise. Find ways to combat stress to benefit both your mind and body.”

— Dr. Kathlyn Ignacio, internal medicine doctor
with Sharp Rees-Stealy Medical Group

