

Physical or mental stresses may cause physical illness as well as mental or emotional problems. Here are the parts of the body most affected by stress:

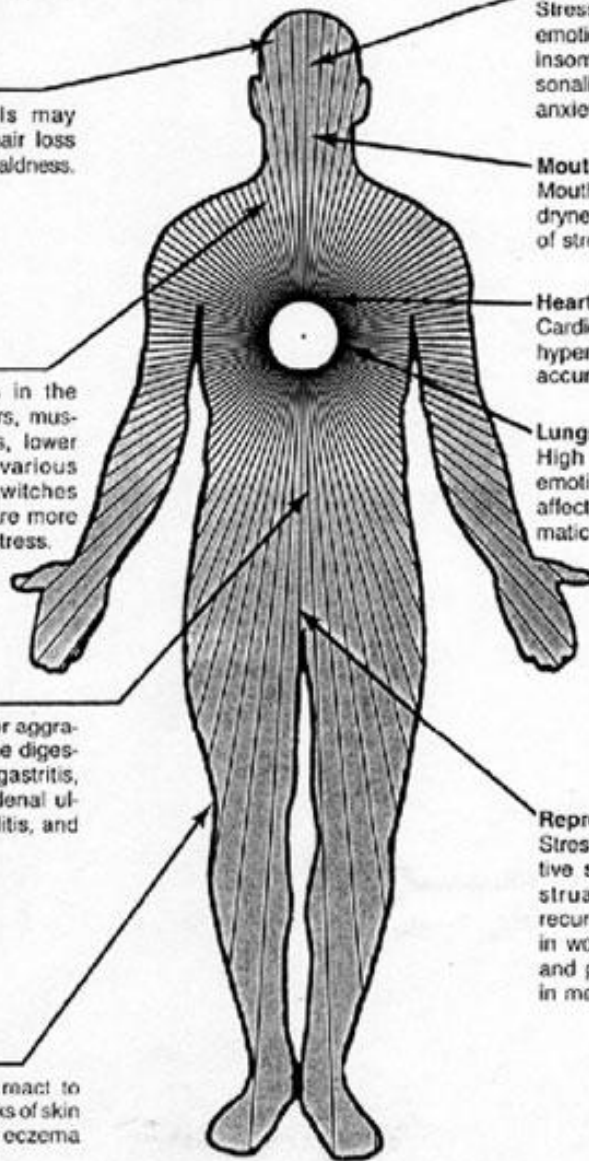
The Effects of Stress

Hair:
High stress levels may cause excessive hair loss and some forms of baldness.

Muscles:
Spasmodic pains in the neck and shoulders, musculoskeletal aches, lower back pain, and various minor muscular twitches and nervous tics are more noticeable under stress.

Digestive tract:
Stress can cause or aggravate diseases of the digestive tract including gastritis, stomach and duodenal ulcers, ulcerative colitis, and irritable colon.

Skin:
Some individuals react to stress with outbreaks of skin problems such as eczema and psoriasis.



Brain:
Stress triggers mental and emotional problems such as insomnia, headaches, personality changes, irritability, anxiety, and depression.

Mouth:
Mouth ulcers and excessive dryness are often symptoms of stress.

Heart:
Cardiovascular disease and hypertension are linked to accumulated stress.

Lungs:
High levels of mental or emotional stress adversely affect individuals with asthmatic conditions.

Reproductive organs:
Stress affects the reproductive system causing menstrual disorders and recurrent vaginal infections in women and impotence and premature ejaculation in men.

