

The Ripple Effect of Stress on Body and Mind

- Stress is a state of worry or mental strain that arises in response to challenging or demanding situations.
- It is a natural and adaptive human response that helps the body and mind to cope with challenges or perceived threats.
- Everyone experiences stress to some degree in daily life, though the intensity and impact can vary from person to person.



FINANCIAL

Stress due to money matters and uncertainty.



- Debt and loans
- Rising living expenses
- Financial instability
- Planning for the future

SOCIAL / FAMILY

Stress from relationships and family life.



- Conflicts with family or friends
- Relationship or marital issues
- Caregiving responsibilities
- Family expectations

LIFE CHANGES

Stress due to major changes in life.



- Marriage or starting a new life
- Retirement or phase of life change
- Relocation or adjustment
- Loss of a loved one

DAILY HASSLES

Small daily stressors that build up over time.

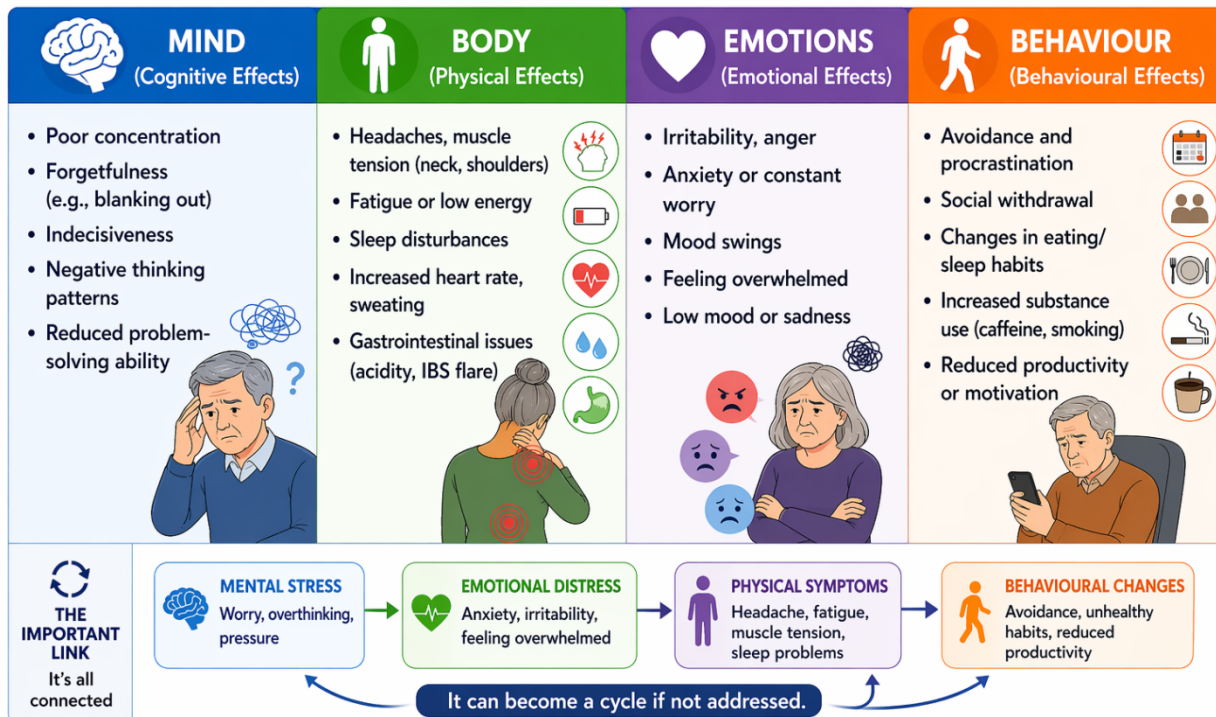


- Traffic jams and delays
- Long waiting times
- Minor irritations and frustrations
- Too many small tasks

Stress has an impact on our emotions, mind, body and consequently our behavior. It raises cardiovascular risk (hypertension, heart attack, and stroke) and is associated with depression, chronic fatigue, metabolic disorders (diabetes, obesity).









THE EFFECTS OF STRESS

Stress affects your mind, body, emotions and behaviour – often all at once.



These symptoms may affect our daily routine chores, work life and relationships. Let's look at some examples below.

HOW STRESS AFFECTS US

 MIND		A student under exam stress finds it hard to concentrate and keeps forgetting studied material.
 BODY		A working adult under chronic stress develops frequent headaches and muscle tightness in the neck and shoulders.
 EMOTIONS		A person facing financial pressure becomes easily irritable and experiences frequent mood swings.
 BEHAVIOUR		An overwhelmed individual starts withdrawing from social interactions and avoids usual daily activities.

Now that we've discussed the effects of stress, it's important to understand that stress, in the right amount, can actually be useful!

EUSTRESS vs DISTRESS

Two kinds of stress. Very different outcomes.

 EUSTRESS POSITIVE STRESS Healthy stress that motivates and helps you grow.	VS.	 DISTRESS NEGATIVE STRESS Overwhelming stress that harms your well-being.
 Motivates and energizes you to meet a challenge.	 WHAT IT IS	 Overwhelms and drains you, making you feel unable to cope.
 Usually short-term and time-limited.	 DURATION	 Often long-term or chronic and hard to escape.
 Improves focus, energy, and performance.	 EFFECTS	 Causes fatigue, headaches, and trouble concentrating.
 Leads to growth, achievement, and confidence.	 OUTCOMES	 Leads to burnout, anxiety, and decreased performance.

Stress is rarely the result of a single cause; more often, it develops from multiple factors accumulating over time. Recognizing the sources of stress—and understanding how it affects us—is the first step toward managing it effectively. While stress is an inevitable part of life and cannot be completely eliminated, we can learn to modify how we respond to it. In the next issue you will read about ways to manage stress!

This write up is an initiative of KZBM Medical Subcommittee for our community members.

Stay Healthy and Informed!

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