



HOW STRESS AFFECTS THE BODY

HORMONES



Cortisol and Epinephrine Flood the Body

When a stressful event happens, our bodies release these hormones to increase the energy that the body has available.

BLOOD



Blood Platelets Thicken

The chemicals that were released into the bloodstream cause the blood to thicken (in case we get injured) and raises blood pressure.

DIGESTION



Digestion Stops

The body diverts blood away from your digestive tract and feeds more blood into the brain and muscles, allowing you to react faster.

INFLAMMATION



Inflammation is Created in the Body

Inflammation is how the body responds to direct or perceived threats. Over time, if we suffer from chronic stress, we can also suffer from chronic inflammation, which research has shown, can lead to a plethora of health complications.