2023

CAN STRESS AFFECT
YOUR PHYSICAL HEALTH?

Although stress begins by affecting your mental health, it can affect your physical health as well. Here are some potential physical symptoms of chronic stress:

- Back pain
- Poor focus
- Headaches
- Insomnia or fatigue

- Missed menstrual periods
- Upset stomach
- Change in appetite
- Social withdrawal

Even if you already prioritize your physical health, your mental health is important too! If you're experiencing chronic stress, talk with your health care provider about ways to manage it.

Sources: https://bit.ly/3K9VhrF
https://www.stress.org/how-stress-affects-your-body
https://www.heart.org/en/news/2020/02/04/chronic-stress-can-cause-heart-trouble