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## **YOUR BODY UNDER PRESSURE: LONG-TERM IMPACT OF *STRESS***

### **YOUR EYES**

- What happens: pupils dilate
- If it continues: eyelids twitch

### **YOUR EARS**

- What happens: hearing sharpens
- If it continues: risk of tinnitus (ringing in ears) and hearing loss

### **YOUR BRAIN**

- What happens: hypothalamus orders adrenal glands to release cortisol and adrenaline to prepare body for action (fight or flight) and endorphins to blunt pain
- If it continues: headaches, insomnia, depression, increased dementia risk

### **YOUR ESOPHAGUS**

- What happens: throat tightness, spasms
- If it continues: acid reflux

### **YOUR HEART**

- What happens: heart rate and blood pressure rise
- If it continues: higher risk of heart attack and stroke

### **YOUR LIVER**

- What happens: surge in glucose

- If it continues: type 2 diabetes

#### YOUR LUNGS

- What happens: rapid breathing
- If it continues: worsened asthma, COPD (chronic obstructive pulmonary disease)

#### YOUR ADRENAL GLANDS

- What happens: cortisol and adrenaline spike
- If it continues: reduced ability to control inflammation

#### YOUR STOMACH

- What happens: nausea
- If it continues: belly fat, GERD (gastroesophageal reflux disease)

#### YOUR BOWELS

- What happens: digestion slows
- If it continues: irritable bowel syndrome

#### YOUR GROIN

- What happens: sex hormones drop
- If it continues: decreased sex drive, infertility, erectile dysfunction

#### YOUR MUSCLES

- What happens: muscles tighten
- If it continues: chronic muscle aches

#### YOUR SKIN

- What happens: goose bumps, chills, sweating
- If it continues: psoriasis, acne, cold sores

#### YOUR BLOOD VESSELS

- What happens: blood pressure rises
- If it continues: high blood pressure, high cholesterol