

Stress

By Stephan





What is stress?

- Stress is when you are under too much pressure, overwhelmed, or pushed too far.

What are the types of stress?

- **Emotional Stress**- Emotional stress corrodes the joy of life. It can flood your body with adrenaline and cortisol, which can reduce your energy levels and sex drive whilst increasing fatigue, depression and anxiety.
- **Sleep Deprivation Stress** - But if you have a sleep debt then small stresses at work and at home can seem overwhelming
- **Inflammation-Induced Stress**- eating far too much high-salt, high-sugar processed foods like white breads and pastas can stress your body out.
- **Chemical Stress**- Reducing your intake of foods that are full of additives, preservatives and numbers is a great start
- **Dietary Routine Stress** - Skipping meals, avoiding fats, eating carbs without protein and trying diets which are intense and limiting will cause stress to your metabolism
- **Physical Stress**- . Exercise is a physical stress, so if you are already overly stressed, working out is just going to add more stress and use up vital nutrients.



Effects of stress.

- Depression
- Heartburn
- Headaches
- Insomnia
- High Blood Sugar
- High Blood Pressure
- Stomach aches





Why is stress so widespread in today's world?

There are many issues into days world from politics, to our president of the US. There are also issues with money and jobs that caused mainly issues throughout the world. For teenages one of the biggest causes of stress is affording collages. As colleges cost so much it is a big stresser for young adults trying to get a education.



What can stress do to your relationships?

It can cause many strains and issues in relationships with boyfriend/girlfriends, family, or friends in general or in general. It can make it so you fight more often and you can just gain more stress for fighting with them. Plus when were in relationships we can transfer emotions to the other person and that can cause them stress as well.



How to remove stress in your life.

To remove stress, you can:

- Meditate
- Listen to music
- Exercise
- Do a different activity to take your mind off of it.
- Relaxing
- Sleeping



How to avoid stress in the future.

There is always going to be stress in our lives. There is no way to completely remove stress from our lives. Though you can keep up the tips we gave you on how to remove stress from your life and that may help in decreasing stress and avoiding it much as possible.

THANKS! - Keep Stress Away!



When ur stressed out but you
play it cool