

STRESS =

Healthy

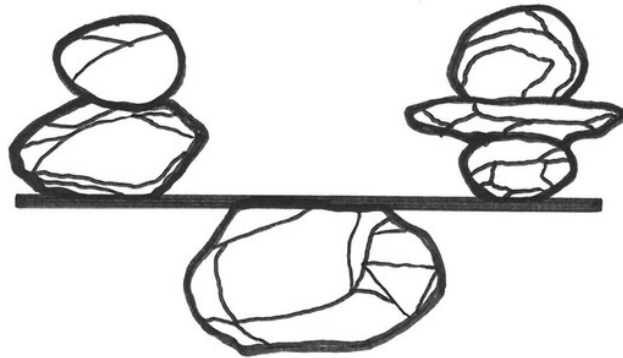
Stress is a normal reaction in threatening or exciting situations. It involves an acute reaction that prepares your body for action. After the stress response your body recovers naturally and you will feel relaxed again.

Unhealthy

The tension accumulates and your body can no longer recover. The stress reaction persists and the body does not get sufficient recovery: you may suffer from physical and mental complaints.

On the back of this infographic you will find what effects **stress** has on your **body**. To break through the peaks of stress and not let tension build up, it is important to schedule sufficient **recovery moments**. Therefore, map both your **stressors** and **resources** and check whether they are in balance.

TAKE A MOMENT TO THINK ABOUT THIS: WHAT **GIVES YOU ENERGY** AND WHAT **TAKES ENERGY**?



STRESSORS

"takes energy"

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RESOURCES

"gives energy"

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How does stress affect the body?

MUSCLE STRAIN

The body prepares to fight or flee: muscle tension because of blood to arms and legs. After a while pain and shaking.

MORE ALERT

Brain is focused on the threat: hunted feeling, lack of concentration, bad sleep, worry, headache

HEARTBEAT

Heart beats faster to distribute more oxygen and blood to where you need it most: palpitations.

BREATHING

To absorb oxygen, you start breathing faster and higher: chest pain, breathlessness, feeling asphyxiated, blurred vision, dizziness.

STOMACH

Digestion slows down: you get nauseous, dry mouth, stomach ache.

BLADDER AND GUTS

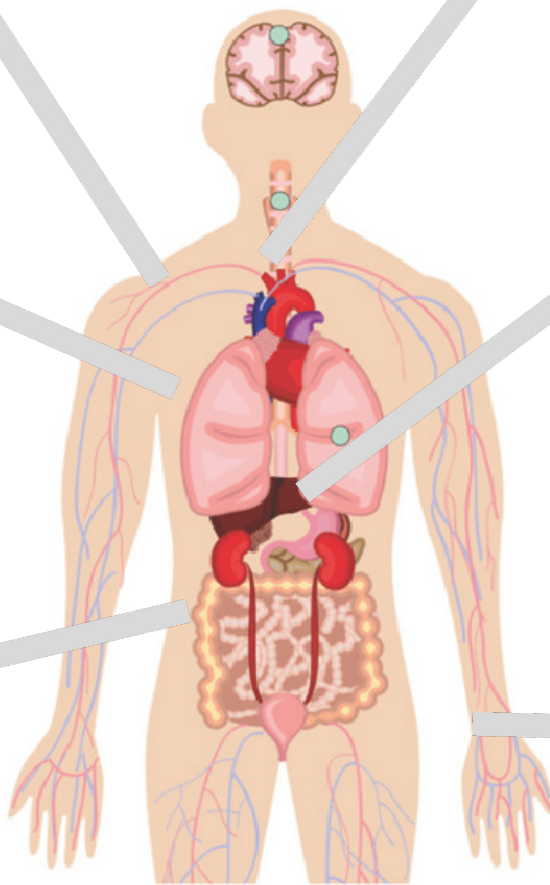
Urge to empty, to be lighter to fight and flee. Fear of losing control, often going to the toilet.

SWEAT

To cool down your body

BLOOD

Away from places where you need it less: skin, hands, feet. Looking pale and feeling cold.



Tip: identifying your stress signals can already have a reassuring effect. In addition, it is a healthy warning signal to deal with your stress.