



## The Silent Impact of Chronic Stress on Your Mind and Body

Stress is a natural part of life. But when it becomes constant, it can quietly affect nearly every system in your body. This long-term form of stress known as chronic stress can harm both physical and mental health if left unmanaged.

### What Happens During Chronic Stress?

When you experience stress, your body releases hormones like cortisol and adrenaline to help you respond.

Normally, these levels settle once the situation passes. However, in chronic stress, your body remains in a constant state of alert leading to long-term strain on your health.

### How Chronic Stress Affects Your Health

- **Heart Health** - Increases blood pressure and heart rate, raising the risk of heart disease and stroke.
- **Brain & Mental Well-being** - May lead to anxiety, depression, poor concentration, memory issues, and mood swings.
- **Sleep Problems** - Disrupts sleep patterns, causing fatigue and reduced productivity.
- **Digestive Issues** - Can trigger bloating, acidity, IBS, appetite changes, and overeating.
- **Weakened Immunity** - Reduces the body's ability to fight infections and slows healing.
- **Hormonal Imbalance** - Affects metabolism, thyroid function, menstrual cycles, and overall energy levels.



### Common Signs of Chronic Stress

- Constant fatigue
- Frequent headaches
- Irritability
- Poor sleep
- Difficulty concentrating
- Appetite changes
- Feeling overwhelmed

### Managing Chronic Stress

- Get 7–8 hours of quality sleep
- Exercise regularly
- Practice mindfulness or meditation
- Maintain a balanced diet
- Stay connected with supportive people

Chronic stress can silently affect both mental and physical health. Recognising the signs early and managing stress effectively is essential for overall well-being and a healthier life.