



## The Effects of High Stress on the Brain and Body in Adults

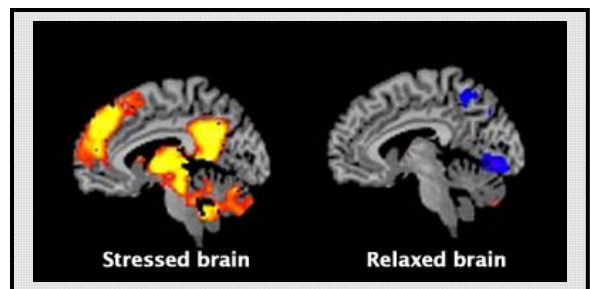
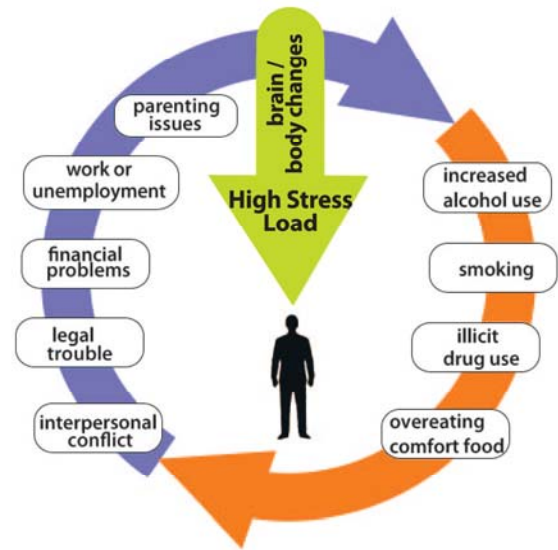
Stress is believed to be the cause of 70% of doctors' office visits and 85% of serious illnesses, accounting for millions of lost working days every year. Seventy percent of health-care costs stem from preventable chronic diseases. Stress also impacts cognitive functioning, diminishing concentration, memory, attention and decision-making capabilities.

### Symptoms of Stress:

- Less energy and fatigue;
- Difficulty sleeping;
- More aches, pains and sickness – colds, flu, infections, migraines, back pain, arthritic pain, flaring up of skin problems etc;
- Racing heart/high blood pressure;
- Feeling overwhelmed;
- Mood swings;
- Increased negative mood;
- Difficulty concentrating;
- Unwanted or repetitive thoughts and
- Increased intake of alcohol, comfort foods, nicotine or other drugs including over the counter and prescription pain pills.

### These symptoms could be experienced as:

- Missing or being late for work;
- Social withdrawal and isolation;
- Decreased productivity and less energy;
- Less engagement in family activities and
- Loss of pleasure in previously enjoyed activities.



Stress and poor lifestyle choices can prevent healthy eating, sleeping and exercise habits, wear down cells and organs and break down the body's stress defenses against environmental and social challenges.

### The Yale Stress Center provides skills and ways to improve cognitive and physical health through:

- Consultation to develop prevention and treatment to improve stress and emotion regulation.
- Development of strategies to decrease the harmful effects of stress, improve cognition and increase healthy choices in educational, professional and clinical settings.
- Training and supervision on stress regulation and making positive lifestyle choices.

*For more information, please visit [www.yalestress.org](http://www.yalestress.org)*