

The Thin Line Between Stress & Abnormal Aging



BRAIN HEALTH 365

Brain Health 365 Podcast Stress Episode Fact Sheet



Stress is your body's physiological and behavioral response to the demands in your environment. Stress can be both positive and negative. Harmful to your health if it becomes overwhelming.



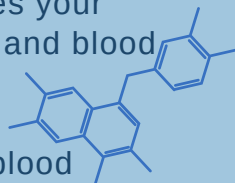
Distress is the negative or "bad" stress that occurs when you perceive stress as dangerous, difficult, unfair or painful. Examples include the loss of a job, death of a loved one, long-term illness, serious injury, divorce and depression.



Eustress is the positive or "good" stress that happens during pleasant situations. The excitement of buying a new home, getting married, or a good workout.

What are stress hormones?

Adrenaline increases your breathing heart rate and blood pressure.



Cortisol increases blood glucose to your brain and to your muscles. Keeps the brain on high alert



Stress and Abnormal Aging

Brain — Can trigger mental and emotional problems, anxiety, personality changes, depression, insomnia and memory loss.

Digestive system — Can lead to nausea and diarrhea or intestinal problems

Reproductive organs — Can lead to erectile dysfunction.

Cardiovascular system — Can lead to high blood pressure, high cholesterol, heart attack, and coronary artery disease.

Lungs — Can increase symptoms of asthma and COPD

Immune system — Can make you more susceptible to illnesses from colds and minor infections to major diseases. Or if you have chronic illness already, stress can make these symptoms worse.

Weight gain and obesity — Can lead to overeating.

Research shows that stress is also associated with the development of serious health conditions like diabetes, cancer and even Alzheimer's disease.



Avoid Chronic Stress

This occurs when little stressors accumulate and you are unable to bounce back from them. Examples of chronic stress include long-term illness, downsizing at your workplace, and long-term marital troubles. Chronic stress is the most dangerous to your health

Identify your stressors

Prevent the ones you can. Cope with the ones you cannot avoid. Seek help from professionals when you have surpassed your coping mechanisms.



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