

Stress and the Immune System—stress can make you more vulnerable to colds and flu, fatigue and infections.

Stress and the Brain—stress can cause brain dysfunction, decreased concentration, and headaches

Stress and Endocrinology and Metabolism—stress can slow metabolism and make you susceptible to type II diabetes.

Stress and the Cardiovascular System—stress can cause rapid breathing, irregular heartbeat, elevated cholesterol levels, and lead to a delayed processing and clearance of fats and triglycerides

Stress and the gastrointestinal tract— stress can cause abdominal pain and diarrhea by hindering stomach acid secretion and emptying, as well as increasing the movement of the colon.

Stress and the Reproductive system—stress suppresses the production of the male and female sex hormones testosterone, estrogen, and progesterone

Stress and Physical Problems—stress can cause dizziness, trembling, sleep disorders, and sexual problems.

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