

Living Well Tip of the Week



Chronic stress can have long-term effects on your physical health.

Long-term Effects of Stress on the Body

- healthwise

- ❖ **Cardiovascular Disease.** Stress can lead to high blood pressure, abnormal heartbeat, problems with blood clotting, & hardening of the arteries. It also affects coronary artery disease, heart attack, & heart failure
- ❖ **Muscle Pain.** Specifically neck, shoulder, & low back pain
- ❖ **Stomach & Intestinal Problems.** Stress may be a factor in gastroesophageal reflux, peptic ulcer disease, & irritable bowel syndrome
- ❖ **Reproductive Organs.** Stress can result in decreased fertility
- ❖ **The Lungs.** Stress can make symptoms of asthma & chronic obstructive pulmonary disease worse
- ❖ **The Immune System.** Stress changes the immune system. The body becomes more vulnerable to many illness from colds & minor infections to major diseases such as cancer

Go to the Living Well: Make it a Priority website at <http://www.livingwell.utsystem.edu/worklife.htm> to access free programs available to you and your dependents; from Employee Assistance Program (EAP) to 24/7 Nurseline all under one page “Manage my Work Life”. For more information email us at livingwell@utsystem.edu.