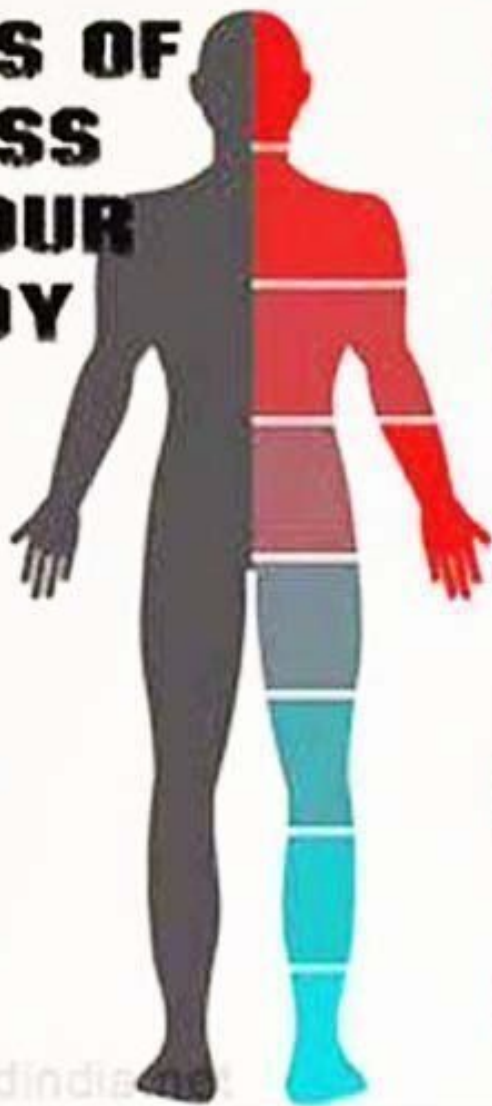


STRESS



EFFECTS OF STRESS ON YOUR BODY



**Brain - Depression,
Anxiety, Panic Attacks etc ..**



**Heart - Rise in Blood Pressure
and Risk of Heart Attack**



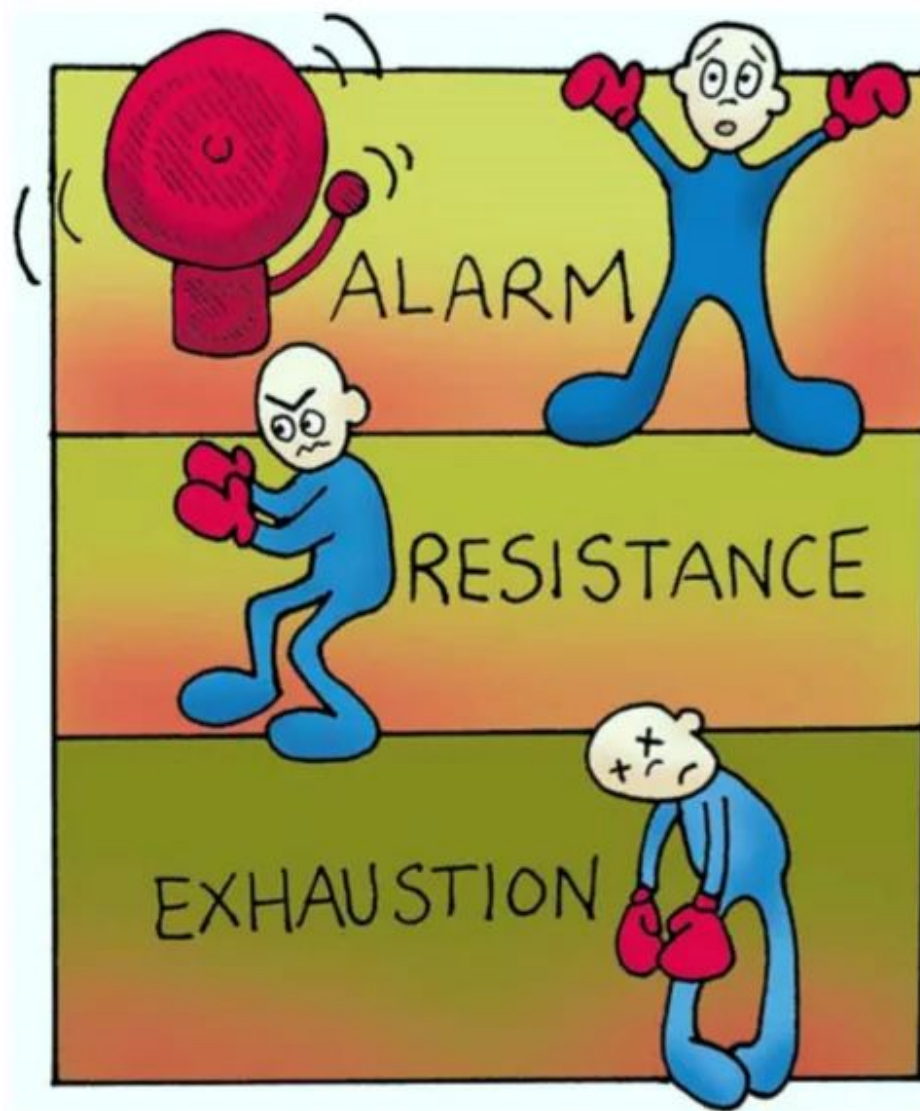
**Lungs - Strained Breathing &
Possible Asthma Attack**



**Stomach - Stomach Pain,
with or Even Without Ulcers**



**Bone - Frequent Muscle
and Joint Pains.**



Three reactions or stages of stress