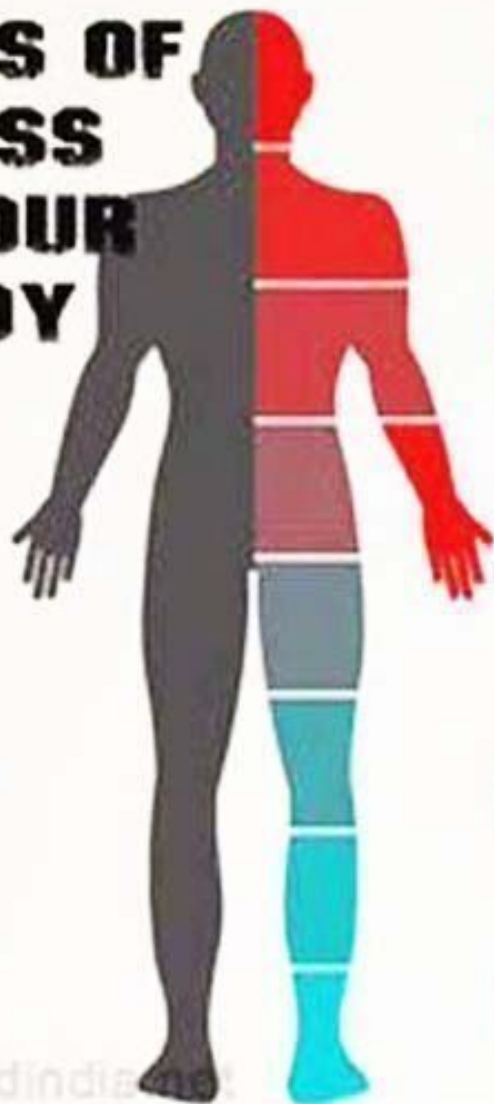


STRESS

A man with dark hair, wearing a light blue long-sleeved shirt, is seen from behind. He has his hands pressed against his eyes, suggesting a state of stress or frustration. He is looking at a chalkboard where the word "STRESS" is written in large, white, chalky letters. The word is surrounded by a dense, chaotic network of thin, colorful lines (red, blue, green, purple) that resemble tangled threads or scribbles, creating a complex and overwhelming visual field. The background is dark, making the white text and colorful lines stand out.

# **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**

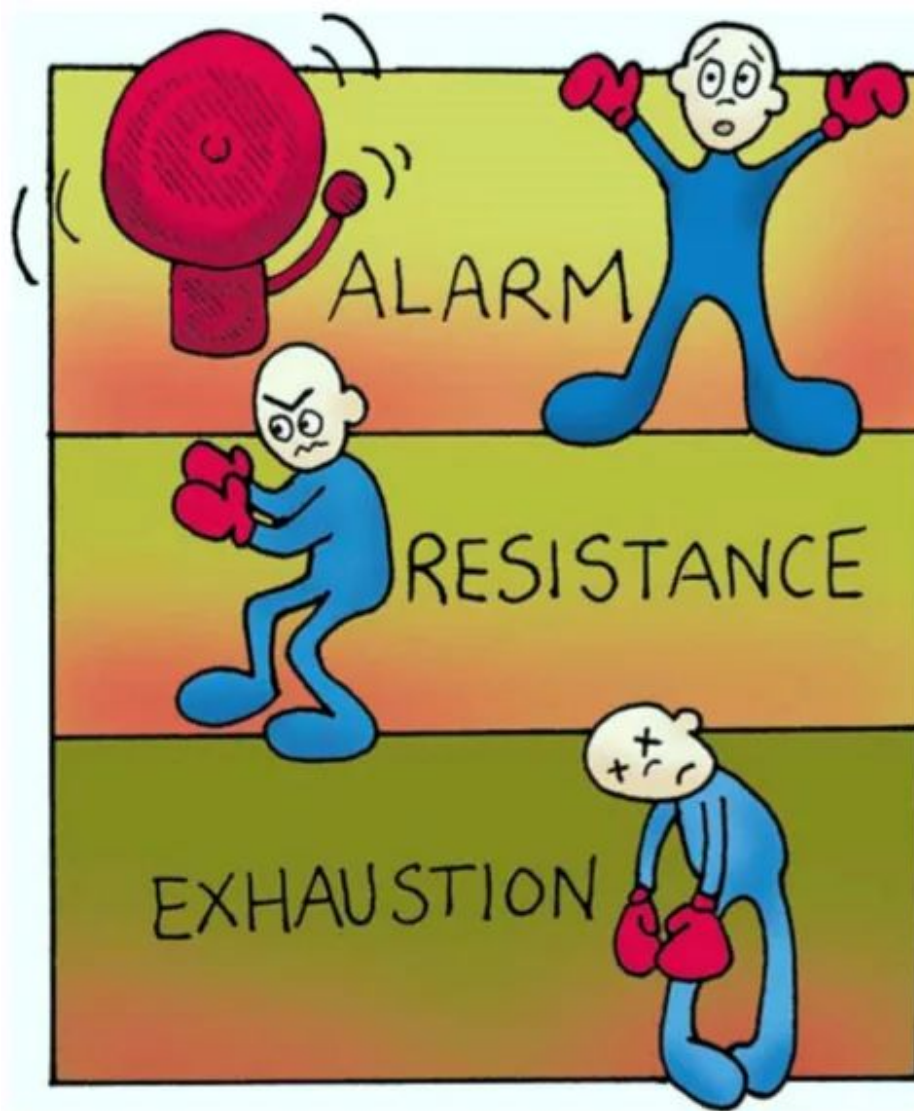


**Stomach - Stomach Pain,  
with or Even Without Ulcers**



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





Three reactions or stages of stress