



STRESS CAN BE MANAGED IF YOU UNDERSTAND IT BETTER

WHAT IS STRESS?

- Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental and emotional responses.
- Many events that happen to you and around you, and many things that you do yourself, put stress on your body.
- You can experience stress from your environment, your body and your thoughts.



HOW DOES STRESS AFFECT YOUR HEALTH?

The human body is designed to experience stress and react to it. Stress can be positive, keeping you alert and ready to avoid danger. Stress becomes negative when a person faces continuous challenges without relief or relaxation between challenges.

- As a result, the person becomes overworked, and stress-related tension builds.
- Stress that continues without relief can lead to a condition called distress, a negative stress reaction.
- Distress can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain, Diabetes, skin conditions, Asthma, Arthritis and problems with sleeping.
- Research suggests that stress can also bring on or worsen certain symptoms or diseases.

Stress also becomes more harmful when people turn to alcohol, tobacco, or drugs to try to relieve their stress. Unfortunately, instead of relieving the stress and returning the body to a relaxed state, these substances tend to keep the body in a stressed state and cause more problems.



WHAT DOES THE DATA SAY ON STRESS

- The Health and Safety Executive says around 10.4 million working days are lost each year to stress, depression or anxiety.
- Occupations with the highest rates of work-related stress are IT sector, doctors, students, homemakers and New Generation entrepreneurs.
- According to WHO, psychological problems, including stress, anxiety and depression, are behind one in five visits to a doctor.



UNDERSTANDING IMPACT OF STRESS

- Stress can affect all aspects of your life, including your emotions, behavior, thinking ability and physical health.
- No part of the body is immune, but, because people handle stress differently, symptoms of stress can vary.
- Symptoms can be vague and may be the same as those caused by medical conditions.



DO YOU IDENTIFY WITH ANY OF THESE SYMPTOMS ?

Emotional symptoms of stress	Physical symptoms of stress
Becoming easily agitated, frustrated and moody, feeling overwhelmed, like you are losing control or need to take control, having difficulty in relaxing and quieting your mind, feeling bad about yourself (low self-esteem), lonely, worthless, depressed and avoiding others.	Low energy, headaches, upset stomach, diarrhea, constipation and nausea, aches, pains, tense muscles, chest pain, rapid heartbeat, insomnia, frequent colds & infections, loss of sexual desire and/or ability, Nervousness and shaking, ringing in the ear, cold or sweaty hands & feet, excess sweating, dry mouth, difficulty in swallowing, clenched jaw and grinding teeth.
Cognitive symptoms of stress	Behavioral symptoms of stress
Constant worrying, racing thoughts, forgetfulness, disorganization, inability to focus, poor judgment, being pessimistic or seeing only the negative side.	Changes in appetite - either not eating or eating too much, Procrastinating and avoiding responsibilities, Increased use of alcohol, drugs or cigarettes, exhibiting more nervous behavior, such as nail biting, fidgeting and pacing.



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