The Physical Impact of Stress

If you are not aware of some of the common signs and symptoms of stress, you might not realize how often you experience it on a physical level instead of just mentally or emotionally. Here are some physical impacts of stress you should be aware of.

**Gastrointestinal**

Gastrointestinal problems are very common among people that experience issues with stress. For example, you might find that food is hard to digest on days when you have a lot of work or financial stress. You could have constipation when you have high amounts of stress, or the opposite and experience diarrhea. This is actually very common. You may also have nausea to where you can’t eat or find that you have sharp stomach pains.

**Cardiovascular**

Your cardiovascular system consists of your blood vessels and heart, so this is another important part of your body to keep healthy. If you are keeping a stress journal, you might find that you have a rapid heartbeat from acute stress, such as when you have a fight with your significant other or a close friend gets into a vehicle accident. This is a sign that the stress is causing a cardiovascular response. Cardiovascular problems can also be very dangerous for you, so it is important that you keep your stress under control. If your chest hurts every time you deal with a certain person in your life, it is time to cut communication with them as they are causing a little too much stress for your emotional wellbeing.

**Respiratory**

Your respiratory system can also be affected by high levels of stress, which can be dangerous if you don’t get it treated. You may find that your throat feels like it is closing up when you are extremely stressed or when something bad happens, you can’t quite catch your breath. It can also make issues like asthma a lot worse when you have acute or chronic stress. Since these can affect your overall wellbeing, it is important to consult a doctor. The doctor may find that your stress is causing the respiratory issues. This is actually good news because there are natural ways to relieve your stress.

**Head and Cognitive Abilities**

Don’t forget about head and nervous system changes, such as headaches or migraines, seeing spots iny our vision, or having focus or memory problems. These are all related to your cognitive function and can be the result of problems with stress levels.