

STRESS

Body

headaches
frequent infections
taut muscles
muscular twitches
fatigue
skin irritations
breathlessness

Mind

worrying
muddled thinking
impaired judgement
nightmares
indecisions
negativity
hasty decisions

STRESS

loss of confidence
more fussy
irritability
depression
apathy
alienation
apprehension

accident prone
loss of appetite
loss of sex drive
drinking more
insomnia
restlessness
smoking more

Emotions

Behavior



GastroDoxs
defenders of the digestive system