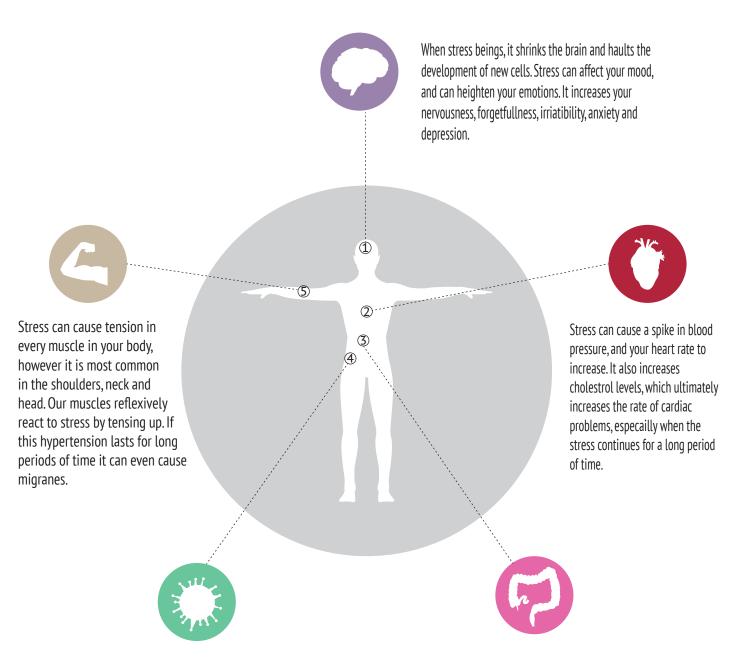
How our bodies react to stress

What is stress? And what happens to our bodies when we experience it? Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. Whether you are an adult, a child, have a demanding job, or are a college student going through finals, everyone experieces stress. Our bodies have a destinct way of telling us when we are stressed, and it is important for us to listen to them. Chronic stress can be dangerous to every aspect of our body, so when we are stressed we need to make the time to slow down, and de-stress.



Stress hormones supress the immune system, and lower the amount of lymphocytes in our body. When this happens, our bodies ability to fight off viruses and dieseases are weakened. Chronic suppression leaves our body vulnerable to infection.

Many people are unaware that stress has a huge effect on the digestion system. As you become stressed, your digestion system starts to completely shut down. The intestines experience a decrease in nutrient absorbition, and there is as much as four times less bood flow to your digestion system.

SOURCE: Medical Daily.com CREDIT: Annie Theobald- J464