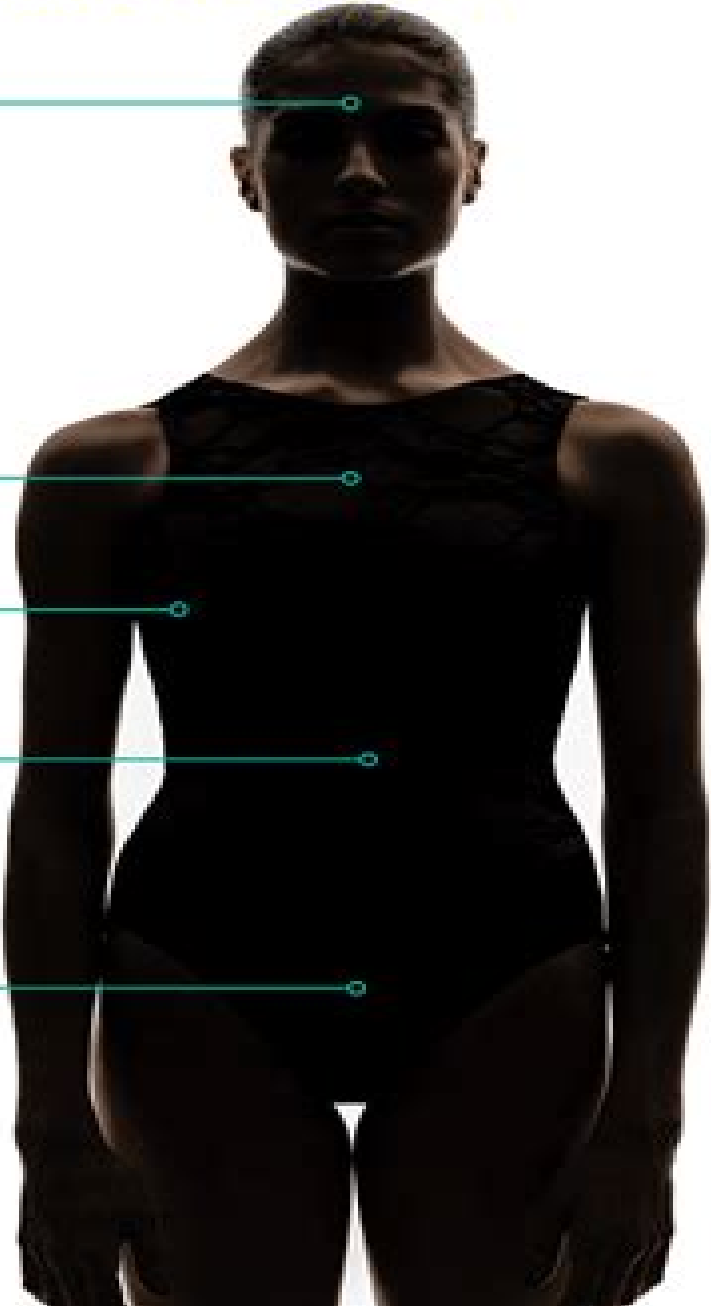


PHYSIOLOGICAL AND PSYCHOLOGICAL EFFECTS OF HARMFUL STRESS

THE IMPACT IS REAL



headache, exhaustion,
fatigue, sleeplessness

Physiological Effects

high blood pressure,
cardiovascular disease

muscular tension,
backache

changes in appetite,
indigestion

female and male
sexual dysfunction

Psychological Effects

moodiness

bad temper

nervousness

irritability

tendency to
make mistakes

depression

anxiety

substance abuse

eating disorders

work absences

Source: Adapted from
Anghelescu et al. 2018.

Stress Psychological And Physiological Interactions

M. W. A. M. van Schijndel



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