

Anxiety and the Body

Anxiety is your bodies natural response to stress, a feeling of fear and apprehension. We have all felt that before a presentation or first day of school! Sometimes, however, a persons anxiety starts interfering with their everyday life, becoming intense and debilitating. These repeated surges of stress and anxiety cause wear and tear on the body including malfunction of the brain, nervous system, immune system and endocrine system.

PHYSICAL SYMPTOMS OF CHRONIC STRESS AND ANXIETY

- muscle tension/neck and back problems
- racing or pounding heart
- chronic pain/fibromyalgia
- exaggerated startle response
- dizziness
- changes in appetite including weight loss/gain and metabolism problems
- chronic inflammation (allergies/asthma,/autoimmune diseases)
- sleep problems/nightmares/jerks in the body while sleeping
- physical numbness
- headaches/migraines
- nausea/upset stomach/GI problems
- chronic fatigue/low energy/lethargy
- hypersensitive to sound/light
- skipped menstrual cycle
- increased urination
- hormonal imbalances.

