# The Health Consequences of Stress: What Are They?

In this tutorial, I am going to discuss how stress can affect your health. We often carry stress in our bodies even though we might not realize it. Stress can affect our brain, our emotions, and all our body systems and organs.

Being constantly stressed can quickly make you sick. Chronic stress is often worse on the body since years and years go by before you might even realize you have a health issue.

## High Blood Pressure

One of the most common health effects of stress is high blood pressure. You might not have any symptoms of this until it gets dangerously high. If you are having regular doctor’s checkups, they might catch it early.

High blood pressure can slowly affect your arteries and cardiovascular systems.

## Gastrointestinal Issues

If you find yourself running for the bathroom or having stomach aches more often than normal, this can be a health consequence of stress.

Chronic stress can also lead to ulcers and acid reflux both of which can cause extensive damage to the gastrointestinal tract.

## Decreased Sex Drive

Stress can also lead you to have a decreased sex drive. If are having less intimacy with your partner, you might also begin to have relationship issues as a result of your stress along with the physical consequences.

## Insomnia and Other Sleep Problems

Many people who are stressed find themselves with sleep problems. You might have insomnia where you are unable to sleep at all. You might also face restless sleep where you wake up every few hours.

Constant stress and worry can cause you to overthink, so your brain is not able to shut off to sleep properly.

## Fatigue

One of the most common health issues for people who are stressed is fatigue. When you have fatigue, you are not well rested no matter how much sleep you might get. You will often feel tired and find yourself falling asleep at school or work.

Fatigue can also affect bodily systems including the digestive tract and the cardiovascular system which controls the heart.

## Headaches and Migraines

Many people who are stressed complain about constant headaches and migraines. This can cause you to lose focus on work or whatever else might be going on in your life.

Sometimes a migraine can be so bad you might not be able to leave the house. These types of migraines can affect your personal and social life.

## Muscle Tension

You can store stress in your muscles without knowing. You might constantly be tensing your shoulders without even realizing. Soon you will experience muscle pain and body soreness that can affect your daily life.

Muscle tension can make it harder to work and exercise.

## Jaw Issues

Many people who face stress often grind their teeth while they are sleeping or even when they are awake. You might notice yourself having jaw problems or jaw soreness. A dentist might also comment that it looks like you grind your teeth.

This can cause your teeth and jawbone to wear down over time which can permanently affect the way you chew and smile.

## Chest Pain

It’s common for those that are constantly stressed to have chest pain. Some people even confuse this pain for a heart attack or acid reflux. If you undergo medical tests, nothing shows as wrong because it’s the stress causing pain in the chest.

Anxiety attacks caused by stress can often feel like heart attacks or sharp chest pain.

If the pain is severe, you might find yourself not being able to undergo normal activities. This can cause you to miss out on life.