



## Health Problems Related to Stress

Several health problems are linked to stress. Without proper management of this stress, these issues can occur and can worsen, potentially lead to more significant health problems. Some of the more commonly known health problems linked to stress are listed below:

- Anxiety
- Depression
- Diabetes
- Headaches
- Heart problems
- High blood pressure
- Insomnia
- Nervousness
- Pain of any sort (backaches, headaches, muscle pain, joint aches, etc.)
- Ulcers

For issues related to cardiovascular disease, such as heart problems, as well as diabetes, headaches, high blood pressure, and ulcers, there is strong evidence that stress management can help to lessen the adverse effects of these problems. For anxiety, depression, and pain, there is moderate evidence showing that stress management can help to reduce the impact of these problems. Therefore, if you struggle with stress, try using the stress management techniques listed below to reduce your risk of developing one of these health problems.

- Breath focus
- Body scan
- Guided imagery
- Mindfulness meditation
- Yoga/Tai Chi
- Repetitive prayer

