



Mayo Clinic Minute: How stress affects your body

It's the time of year when expectations are often high and, for some, so are stress levels. Stress can affect your body, mind and behavior. Recognizing symptoms can help you manage your stress and prevent health issues like high blood pressure, heart disease, stroke, obesity and diabetes.

Dr. Summer Allen, a Mayo Clinic family medicine physician, explains how stress affects your body and offers tips to manage it.

Video	Audio
	Stress. It can activate your body's "fight-or-flight response." (not heart beating)
Summer Allen, M.D. Family Medicine Mayo Clinic	When your brain senses a threat, it signals your body to release hormones like adrenaline and cortisol. These hormones make your heart race, raise your blood pressure and boost energy. "Physically, this can lead to headaches. For people, this can lead to poor sleep. It can affect someone's ability to concentrate."
	Mayo Clinic's Dr. Summer Allen says managing stress depends on each person's individual needs.
	"Stress is often going to be our body's response to a certain trigger to a certain situation, so ways to respond are going to need to be personalized."
	It could be journaling, meditation, reading a book or physical activity.
	"Another strategy for managing stress would be considering yoga."
	She says you should make changes one step at a time.
	"If we try to change everything all at once, we end up setting ourselves up for further stress or feeling overwhelmed."
	For the Mayo Clinic News Network, I'm Jason Howland.