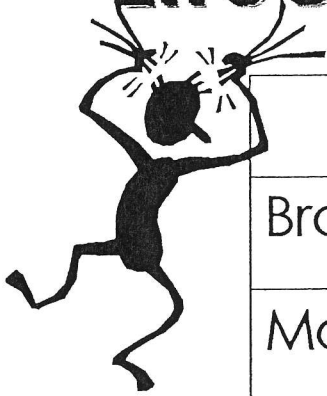
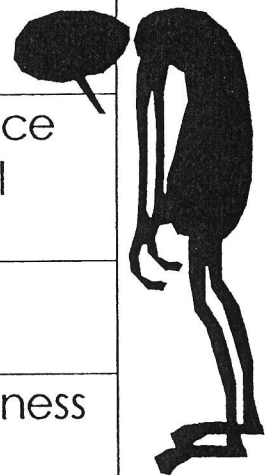


Figure 1.: The relationship between stress and performance

Effect of Stress on the Body



| | Short Term | Long Term |
|---------------|--|-------------------------------------|
| Brain | Blood supply increases | Headaches, Migraines, tics |
| Mood | Serious/ Concentration | Anxious, loss of humour |
| Saliva | Reduced | Dry mouth, lump in throat |
| Muscles | Increased blood supply | Muscular tension/pain |
| Heart | Increased rate & blood pressure | Hypertension & chest pain |
| Lungs | Increased breathing rate | Coughs & asthma |
| Stomach | Blood supply decreased, acid increased | Heartburn, indigestion |
| Bowels | Blood supply decreases | Pain & diarrhea |
| Bladder | Frequency | Frequency |
| Sexual Organs | Decreased blood supply | M-Impotence F-Menstrual problems |
| Skin | Decreased blood supply | Dryness & rashes |
| Body Reaction | Increased energy | Rapid tiredness |



Changing Your STRESSful Habits

Discovering how we manage life situations will let us change those unhealthy stress habits and replace these with positive coping skills

| Situation | Old habit | New skill/idea |
|-----------|-----------|----------------|
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