

How your emotions affect your health



Emotional health is an important component of your overall well-being. High levels of stress can cause:

- Headaches
- Digestive problems or stomach upset
- Fatigue
- Fainting or lightheadedness
- Sleep problems
- Aches and pains in your neck, back or other areas
- Weight gain or loss

Dealing with stress in healthy ways can reduce these problems and improve your health. Some examples include:

- Practicing relaxation methods and/or meditation
- Getting regular exercise
- Eating a healthy diet
- Sleeping seven to nine hours each night
- Engaging in activities and/or social events you enjoy

Source: American Academy of Family Physicians