

Stress can have negative effects physically, mentally and behaviorally, and sustained amounts of stress can cause long-term damage to one's overall mental and physical health. Stress can contribute to physical ailments such as, but not limited to:

- Headaches, fatigue, memory problems, difficulty sleeping, mental disorders
- Acne and other skin problems
- Rapid heartbeat, rise in blood pressure, heart attack
- Muscle tension, backaches, reduced bone density
- Nausea, stomach pain, heartburn, weight gain or loss
- Increased risk of diabetes
- Digestive problems
- Irregular or painful periods

- Get a proper amount of sleep nightly
- Make a hydration schedule to avoid dehydration
- Follow good nutrition recommendations
- Form hobbies outside of sports

