

# HOW STRESS AFFECTS: --- **YOUR BRAIN**

## CONCENTRATION

Stress can make it difficult to concentrate and stay focused

## ANXIETY

Anxiety can be caused or made worse by stress, which in turn can lead to more stress.

## DEPRESSION

Stress can precipitate major depression and influence its incidence, severity and course.



## MOOD

When you're stressed, you're not in the best of moods. Stress can make you overly emotional and not your self.

## FORGETFULNESS

We are all absentminded at times, but stress can lead you to forget appointments and lose things on a regular basis.

## IRRITABILITY

Snapping, crabbiness, and lowered tolerance can all be attributed to stress.