Chronic Stress Cycle

Leading Chronic Conditions

Heart Disease, Cancer, Chronic Lung Disease Stroke, Alzheimer's disease, Diabetes, and Chronic Kidney Disease

Normal Biological Stress Response

(Fight, Flight, Freeze)

Unmanaged Stress

Chronic Hyperarousal, Aches and Pains, Decreased Immune Function

Long-term Impact

Physical Breakdown, Psychological Exhaustion, Burnout, Depression, Anxiety

Unhealthy Coping Strategies

Poor nutrition, Lack of Physical Activity, Substance Misuse, Overworking, Isolation