
HOW STRESS AFFECTS THE BODY

Presented by  WELL

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ABOUT FX WELL

FX Well combines decades of experience in the health and fitness industry with a robust digital platform, to provide an integrated wellness program with a ~~data~~ *data-driven* approach. Through customized digital programming, innovative fitness facility management, and direct human engagement, we empower populations to make healthy lifestyle changes.

Mission: Positively impact lives through passion, technology, and constant evolution.



ABOUT ME

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PhD in Nutrition and Human Performance

Certification: Holistic Nutritionist

Interest: Functional fitness and
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OVERVIEW

- What is stress?
- Symptoms of stress
- Perceived Stress Scale
- Effects of chronic stress
- How stress impacts your physical health
- How stress impacts weight loss
- What can you do? Strategies for stress management
- Q&A



WHAT IS STRESS?

Stress is your body's reaction to the demands of the world.

TYPES OF STRESS

Eustress

- Stress that is motivating, invigorating
- Shortterm

Distress

- Stress that is unpleasant
- Leads to worry, concerns
- Can potentially lead to illness, fatigue, feeling emotionally depleted

HOW WE EXPERIENCE STR

Acute

- Shortterm

Chronic

- Longterm
- Can feel like living on “high alert”
- Can lead to health problems

SYMPTOMS OF STRESS

- Racing heart
- Headaches
- Sweating
- Having difficulty concentrating
- Moodiness
- Tense muscles
- Eating more/less than normal



If you are experiencing stress, you are not alone!
More than 75% of adults report symptoms of stress.

49% of adults say that stress has negatively affected their behavior.

PERCEIVED STRESS SCALE

0 = never

1 = almost never

2 = sometimes

3 = fairly often

4 = very often

- In the last month, how often have you been upset because of something that happened unexpectedly?
- In the last month, how often have you felt that you were unable to control the important things in your life?
- In the last month, how often have you felt nervous and stressed?
- In the last month, how often have you found that you could not cope with all the things that you had to do?
- In the last month, how often have you been angered because of things that happened that were outside of your control?
- In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

PERCEIVED STRESS SCALE (Continued)

0 = very often

1 = fairly often

2 = sometimes

3 = almost never

4 = never

- In the last month, how often have you been upset because of something that happened unexpectedly?
- In the last month, how often have you felt that you were unable to control the important things in your life?
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- In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Note that the scores are reversed for these questions.

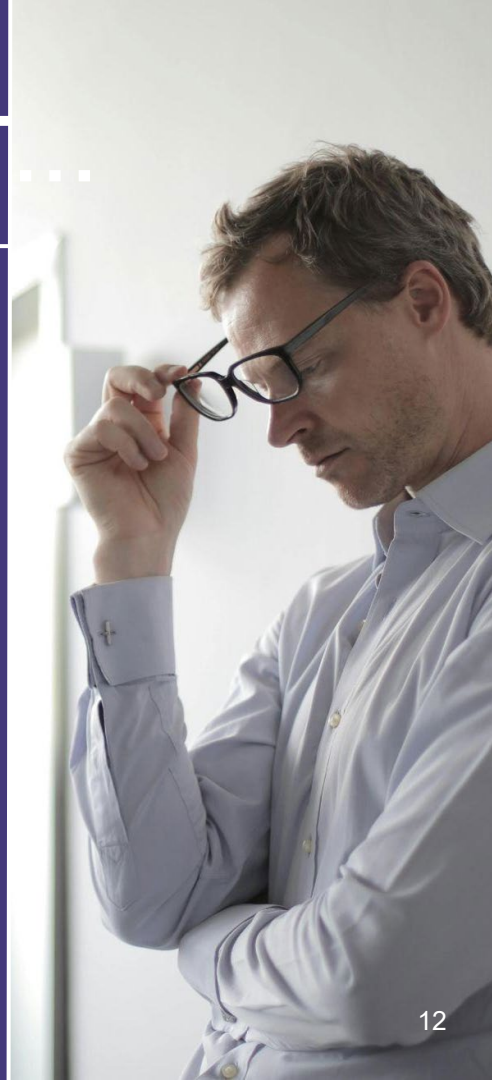
PERCEIVED STRESS SCALE SCORE

Add up your scores for each item to get a total.

- Scores ranging from **0-13** would be considered **low stress**
- Scores ranging from **14-26** would be considered **moderate stress**
- Scores ranging from **27-40** would be considered **high perceived stress**

CHRONIC STRESS CAN IMPACT....

- Physical health
- Mental health
- Emotional health
- Behavior
- Social wellbeing
- Spirituality



CHRONIC STRESS CAN IMPACT....

- Chest pain
- Fatigue
- Muscle tension
- Headaches
- Upset stomach
- Sleep problems
- Weakened immune system



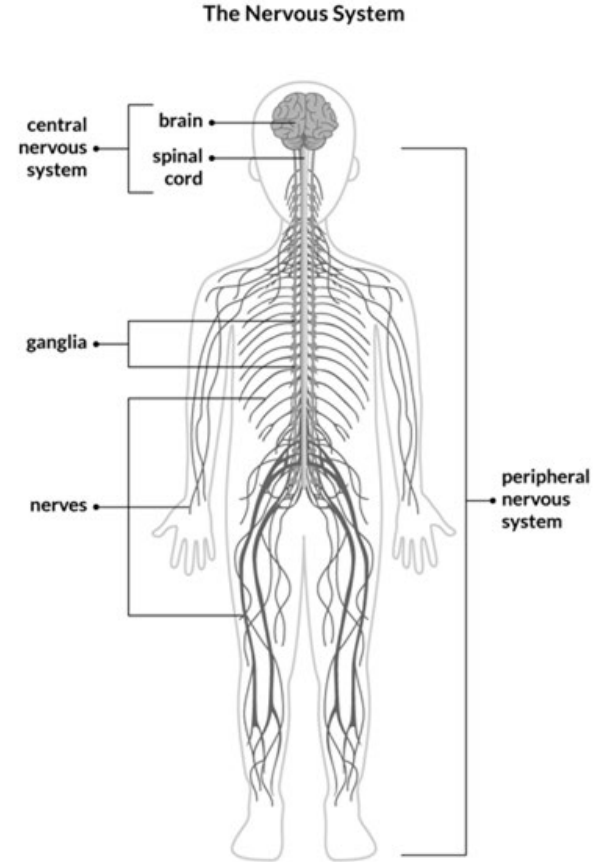
PHYSICAL RISKS OF CHRONIC STRESS

- Nervous system
- Musculoskeletal system
- Cardiovascular system
- Respiratory system
- Gastrointestinal system
- Reproductive system



NERVOUS SYSTEM

- Sympathetic nervous system activation
- Parasympathetic nervous system inhibition



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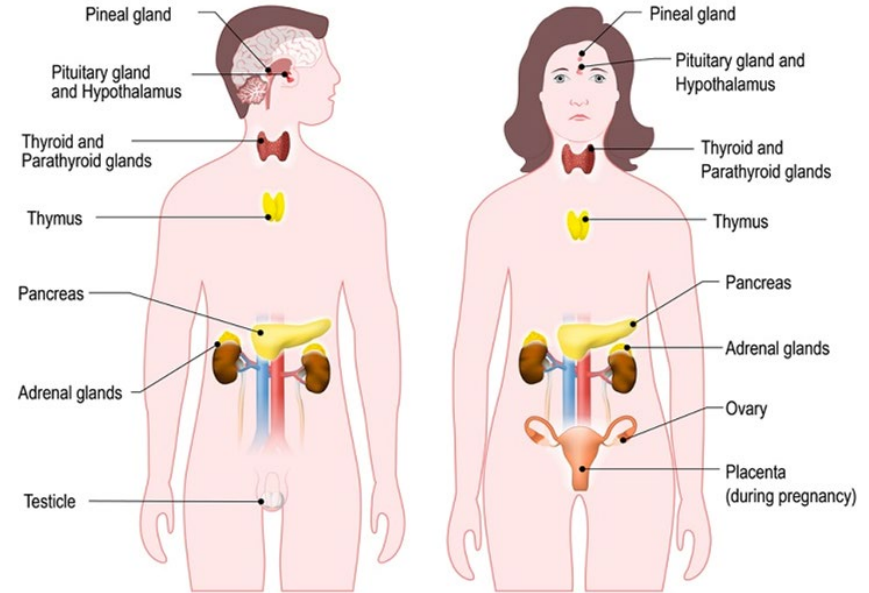
MUSCULOSKELETAL SYSTEM

- Muscle tension
- Headaches
- Migraines
- Chronic pain



ENDOCRINE SYSTEM

- Stress hormones
- Weight gain
- Immune system
- Inflammation



CARDIOVASCULAR SYSTEM

- Risk of heart disease
- Chronic increased heart rate
- Elevated blood pressure
- Circulatory system inflammation



RESPIRATORY SYSTEM

- Shortness of breath
- Rapid breathing
- Worsened asthma or other respiratory conditions



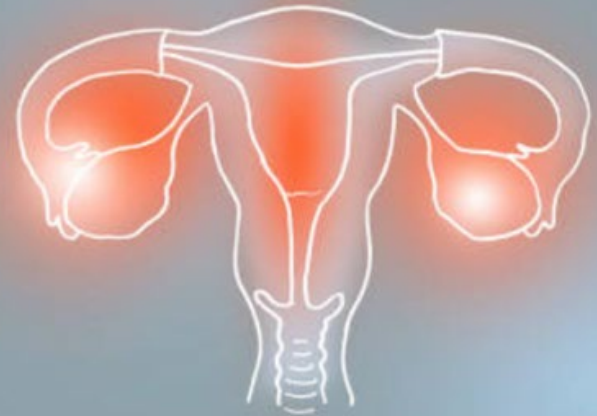
GASTROINTESTINAL SYSTEM

- Gut/brain axis
- Digestion
- Bloating
- Pain
- Increase or decrease in appetite
- Bowel disorders



REPRODUCTIVE SYSTEM

- Reproduction
- People who Menstruate
- Sex drive
- Infections



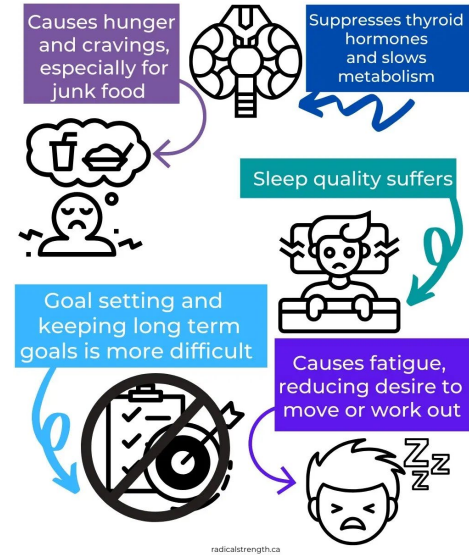


HOW STRESS CAN IMPACT WEIGHT LOSS

IMPORTANCE OF RECOGNIZING STRESS AS A FACTOR IN WEIGHT LOSS CHALLENGES

- 1. The Stress-Weight Connection
- 2. Stress and Emotional Eating
- 3. Impact of Stress on Metabolism
- 4. The Role of Stress in Sleep Disruption
- 5. Stress Management as Part of Weight Loss

HOW *stress* KILLS WEIGHT LOSS



STRESS AND HORMONES

- 1. The Stress Response and Cortisol
- 2. Cortisol and Fat Storage
- 3. Impact of Stress on Insulin and Blood Sugar
- 4. Stress and Ghrelin/Leptin Imbalance
- 5. Other Hormones Affected by Stress
 - Adrenaline (epinephrine): Stress releases adrenaline to increase heart rate and blood flow.
 - Thyroid Hormones: Stress can slow thyroid function, leading to a slower metabolism and difficulty losing weight.

STRESS-INDUCED EMOTIONAL EATING

- What is Emotional Eating?
 - Emotional eating occurs when individuals use food to cope with emotions such as stress, anxiety, sadness, or boredom.
- How Stress Triggers Emotional Eating
- The Role of Cortisol and Hunger
- The Cycle of Stress and Emotional Eating
- Breaking the Cycle of Emotional Eating
 - Mindful eating
 - Stress management techniques
 - Seek support through therapy or counseling

CORTISOL AND FAT STORAGE

Known as the "stress hormone," cortisol plays a crucial role in the body's fight or flight response, helping to manage energy and react to stressors.

- The Link Between Cortisol and Fat Storage
- How Cortisol Promotes Fat Storage
- Visceral Fat and Health Risks
- Managing Cortisol to Reduce Fat Storage

THE RELATIONSHIP BETWEEN STRESS AND INSULIN RESISTANCE

Insulin resistance occurs when the body's cells become less responsive to insulin, a hormone that helps regulate blood sugar.

- Stress and Hormonal Response
- How Chronic Stress Contributes to Insulin Resistance
- Visceral Fat and Insulin Resistance
- Breaking the Cycle of Stress-Induced Insulin Resistance



STRESS AND SLEEP DISRUPTIONS

- The StressSleep Cycle
- How Stress Affects Sleep Quality
- StressInduced Sleep Disruptions and Hormonal Imbalance
- Impact on Physical Health and Weight Loss
- Breaking the Cycle of Stress and Sleep Disruptions



STRESS REDUCES MOTIVATION FOR PHYSICAL ACTIVITY

The Impact of Stress on Motivation

- Stress activates the sympathetic nervous system and causes the body to release cortisol and adrenaline.

Reduced Physical Activity Leads to More Stress

- Lack of exercise can worsen stress levels by limiting the body's ability to release endorphins.

Stress and Decision Making

- Stress can make it harder to plan and prioritize healthy activities.

Breaking the Cycle: Managing Stress Through Exercise

- Exercise is a powerful tool for stress management

Stress and Emotional Exhaustion

- Persistent stress can lead to emotional burnout and mental exhaustion.

STRESS AND SLEEP DISRUPTIONS

Stress and the Digestive System

- Digestive processes are slowed or inhibited.

Disruption of Digestion

- Reduced gastric acid production
- Delayed gastric emptying

Impact on Gut Motility

- Chronic stress can alter gut motility

Stress Induced Inflammation

- Stress induced inflammation can impair the intestinal lining

The Gut-Brain Connection

- Emotional stress can trigger digestive disturbances



CHRONIC STRESS AND LONGTERM WEIGHT GAIN

The Link Between Chronic Stress and Weight Gain

- Elevated cortisol levels are linked to increased appetite

Stress Induced Fat Storage

- Cortisol activates lipoprotein lipase

Impact on Metabolism

- Chronic stress slows down metabolism

Emotional Eating and Stress

- Stress often leads to emotional eating

Sleep Disruptions and Weight Gain

- Sleep deprivation increases ghrelin and decreases leptin

The Vicious Cycle of Stress and Weight Gain

- Chronic stress can lead to increased fat storage



STRATEGIES TO MANAGE STRESS FOR WEIGHT LOSS

- Prioritize Sleep
- Engage in Regular Physical Activity
- Practice Mindfulness and Relaxation Techniques
- Maintain a Balanced Diet
- Social Support and Connection
- Manage Time Effectively
- Learn to Say No
- Seek Professional Help if Needed

Tips to Manage Stress



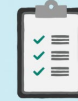
Set reasonable expectations



Get regular exercise



Take time to relax



List some solutions



Open up to people

THE ROLE OF SOCIAL SUPPORT IN MANAGING STRESS

- Emotional Support for Stress Reduction
- Motivation for Healthy Habits
- Shared Activities for Stress Relief
- Stress Reduction and Weight Loss Synergy
- Reducing Emotional Eating
- Support in Overcoming Weight Loss Challenges
- LongTerm Commitment to Healthy Changes



THE IMPORTANCE OF A BALANCED LIFESTYLE FOR STRESS REDUCTION

- Definition of a Balanced Lifestyle
- Physical Activity and Stress Relief
- Nutrition's Role in Stress Management
- Quality Sleep for Stress Reduction
- Mindfulness and Mental Health Practices
- Social Support and Connection
- Time for Leisure and Relaxation

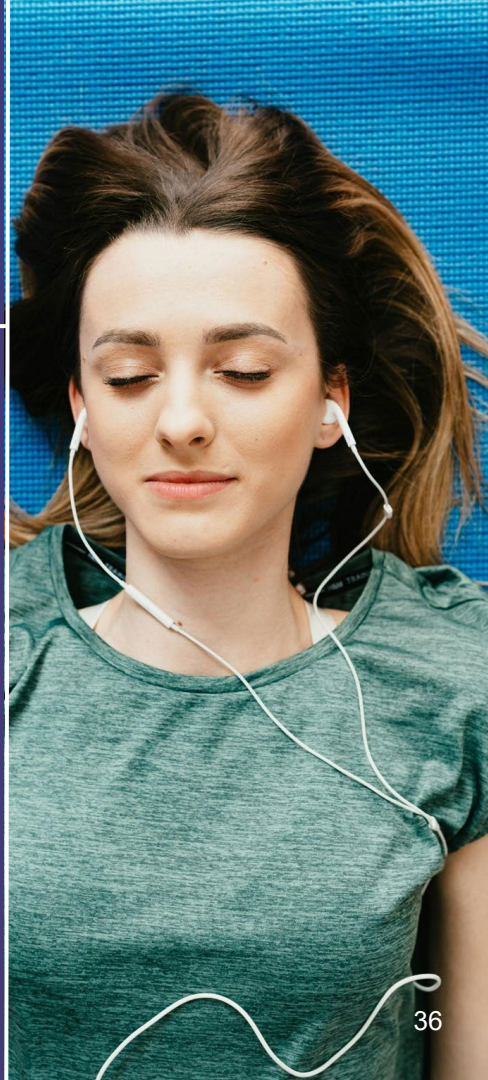


COMMON UNHEALTHY COPING STRATEGIES FOR STRESS MANAGEMENT

- Sleeping too much
- Sleeping too little
- Excessive drug or alcohol use
- Overeating
- Undereating

SIMPLE STRATEGIES FOR STRESS MANAGEMENT

- Take breaks
- Get enough sleep
- Get enough exercise
- Eat a balanced diet
- Meditate
- Journal
- Foster connections
- Do something you enjoy



SOLUTION FOCUSED STRESS MANAGEMENT

- Identify your stressors
- Identify what you have control over and what you do not and concentrate your efforts accordingly
- Manage your time more effectively
- Ask for help!



ACTION STEPS

- Reflect on how stress has impacted you and led to any unhealthy behaviors
- Journal throughout the week about any stressors you experience, your level of control over them, & any symptoms of stress you notice



QUESTIONS?

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We're on a mission to positively impact lives through passion, technology, and constant evolution that truly drives lasting change in your well-being.

We value your feedback and would be grateful if you could spare 5 minutes or less to answer a short survey about your recent experience with us.

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