

1 **Stress** is a natural physical and mental reaction to life experiences. However, if your stress response doesn't stop firing, and these stress levels stay elevated far longer than is necessary for survival, it can take a toll on your health. **Chronic (Toxic) stress** can cause a variety of symptoms and health concerns.

2 **Adrenaline and the body's response**

When you are startled, frightened, angry, or scared your body produces the hormone Adrenaline. Adrenaline give you the strength to protect yourself from danger - **Flight, Fight, Freeze response.**

Adrenaline is responsible for the following physical symptoms under stress:

- 3**
- Shallow breathing
 - Heart pounding
 - Profuse sweating
 - Intestines shut down
 - Tense, apprehensiveness, jitters

Should the brain remain in a state of high alert from danger, Adrenaline remains within the body which can impact on your physical health.

Chronic or Toxic stress can be a side effect of a **traumatic incident or long-term exposure to trauma** through **abuse, chronic neglect, or lack of safety.**

7 **Without safe environments or safe relationships** our bodies may remain on **high alert** which in turn may cause **Chronic or Toxic Stress.**

7 Minute Briefing

The Impact of Trauma on the Physical Body

Impact on the Brain

Difficulties in concentration, anxiety, depression, irritability, mood, mind fog, insomnia.

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Impact on Cardiovascular - higher cholesterol, high blood pressure, increased risk of heart attack and stroke.

Impact on Joints and Muscles - increased inflammation, tension, aches and pains, muscle tightness.

Impact on Immune System - decreased immune function and defences, increased risk of becoming ill, increase in recovery time.

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Impact on Skin - hair loss, dull brittle hair, brittle nails, dry skin, delayed tissue repair.

Impact on the Gut- bowel issues, indigestion, bloating, pain, and discomfort.

6 **Impact on the Reproduction system** - decreased hormone production, decrease in libido.