**The 9 key indicators that will tell you if you’re stressed – or not**

Sustained stress over an extended period of time can damage your health – if you let it. Since your body is the only thing you have which is truly guaranteed to last a lifetime, it makes sense to look after it well. Regular relaxation will help you to stay healthier because, if you are relaxed your body is much more balanced and your body systems function more efficiently.

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| **BODY SYSTEM** | **RELAXATION** | **STRESS** |
| Muscles | Relaxed | Tight |
| Nervous system | Calm | Stimulated |
| Breathing rate | Slow, deep | Fast, shallow |
| Heart rate | Regular | Irregular |
| Blood pressure | Down | Up |
| Digestion | Balanced | Blocked |
| Circulation | Full flowing | Restricted |
| Adrenalin | Low | High |
| Immune system | Enhanced | Depressed |