

Close Companions: Online Relationship Academy

Course: Managing Stress Together

Lesson Two: Recognizing the Effects of Stress

Objectives for this lesson

1. Have a clearer understanding of the physical, mental, emotional, social, and spiritual effects of stress.
2. Clarify for yourself the effects stress is currently having on you.
3. Have a better understanding of the effects stress is currently having on your partner.
4. Establish a shared understanding of how you want to support each other as it relates to the effects stress is having on each of you.

Physical Effects of Stress

Short-term Effects

- Aches and pains
- Headaches
- Loss of sleep
- Fatigue
- Lowered immune systems
- Greater susceptibility to illnesses
- Skin conditions
- Chest pain
- Weight gain or weight loss
- Loss of sex drive
- TMJ
- Nervous habits
- Digestive problems
- Muscle knots

Long-Term Effects

- Hypertension
- Irritable bowel syndrome
- Ulcers
- Obesity

- Diabetes
- Arthritis
- Strokes
- Heart attacks
- Cancer

Mental Effects of Stress

- Inability to concentrate
- Memory problems
- Apathy
- Pessimism
- Confusion
- Anxious or racing thoughts
- Poor judgment
- Obsessive thinking

Emotional Effects of Stress

- Feeling overwhelmed
- Sadness
- Depression
- Despair
- Frustrated
- Short-tempered
- Angry
- Moody
- Irritable
- Worry
- Anxiety
- Agitation
- Inability to relax
- Teary
- Lonely
- Isolated
- Self-pity

Social Effects of Stress

- Excessive drinking
- Drug use
- Withdrawal from relationships
- Overdependence on relationships
- Overindulgence in social media, television, or computer/smart phone
- Pornography
- Unhealthy relationships
- Affairs

Spiritual Effects of Stress

- Prayer life
- Spiritual connection or disconnection
- Strength of our moral compass
- Motivation to participate in a worshiping community
- Bargaining with God
- Getting angry with God
- Turning our backs on our faith