

3 Types of Stress



PHYSICAL STRESS

Trauma or stress on the physical body such as an injury, physical labor, child birth, musculoskeletal misalignments, dehydration, dental challenges, viruses & bacteria, inadequate oxygen, low blood sugar, lack of sleep, etc.

CHEMICAL STRESS

Environmental pollution, chemical toxins in farming and personal care products, food additives, artificial coloring, substance abuse, etc.



EMOTIONAL STRESS

Anger, grief, overwhelm, guilt, shame, perfectionism, self-loathing, anxiety, depression, negative self-talk, relationship stress, lack of financial or other resources for survival, etc.