



Effects of Bullying on Our Bodies:

Over 3.2 million young people are being bullied each year. It is estimated that 20 percent of high school students are being bullied at any given time. That's one in five being hit, shoved, taunted, or intimidated⁶.

Someone who has been the victim of bullying or abuse is more likely to act out in unhealthy ways⁶. Some include the following:

- Self-abuse, unexplainable injuries, talking about suicide, and risky behaviors. It is estimated that two million Americans are cutting or harming themselves⁶.
- Loss of appetite or change in eating patterns.
- Frequent illness including headaches, stomachaches, or faking sickness.
- Decreased academic achievement or lack of motivation to go to school.
- Depression and anxiety.
- Feelings of being alone and wanting to isolate from social situations or decreased self-esteem.
- · Difficulty sleeping.

If you or someone you know is the target of any type of abuse, break the silence. Tell someone, anyone!







Signs and Symptoms of Stress

The following are common warning signs and symptoms of stress. The more signs and symptoms you notice in yourself, the closer you may be to stress overload.

Behavioral Symptoms

Isolating yourself from others
Eating more or less
Using alcohol, cigarettes, or drugs to relax
Sleeping too little or too much
Procrastinating
Disregarding responsibilities
Nervous habits

Emotional Symptoms

Moodiness
Feeling overwhelmed
Sense of loneliness and avoiding others
Irritability or short temper
Easily agitated
Inability to relax
Depression or general unhappiness
Low self-esteem

Cognitive Symptoms

Memory problems
Poor judgment
Anxious thoughts
Inability to concentrate
Constant worrying
Seeing only the negative
Racing thoughts
Forgetful or disorganized

Physical Symptoms

Aches, pains, or muscle tension Low energy Nausea or dizziness Chest pain or rapid heartbeat Headaches Diarrhea or constipation Frequent colds Insomnia





Common Signs and Symptoms of Stress

The following are common warning signs and symptoms of stress. The more signs and symptoms you notice in yourself, the closer you may be to stress overload.

- Frequent headaches
- Clenching jaw
- Grinding teeth
- Stuttering
- · Constipation or diarrhea
- · Difficulty breathing
- Little interest in appearance
- Nervous habits
- Increased frustration
- Overreaction to trivial annoyances
- Increased number of minor accidents
- Obsessive or compulsive behavior
- Reduced work efficiency
- Lies or excuses to cover up poor work
- Rapid or mumbled speech
- Excessive defensiveness or suspiciousness
- Problems in communication
- Social withdrawal
- Constant tiredness
- Sudden attacks of lifethreatening panic
- Chest pain
- Frequent urination





Possible Affects of Stress on the Human Body

BRAIN



Increased risk of slower processing, headaches, tremors, or nervous tics

MUSCLES



Increased risk of aches, pains, tension, inflammation, or lack of flexibility

STOMACH



Increased risk of stomach cramping, nausea, weight fluctuation, or could lead to diabetes

SKIN



Increased risk of acne, eczema, dryness, or other skin rashes

HEART



Increased risk of hypertension, chest pains, heart attack, or high cholesterol

BOWELS



Increased risk of digestive issues like abdominal pain, diarrhea, or constipation

MOUTH/SALIVA



Increased risk of dryness of mouth, lump in throat, or mouth ulcers

LUNGS



Increased risk of coughs, asthma, or strained breathing

BLADDER

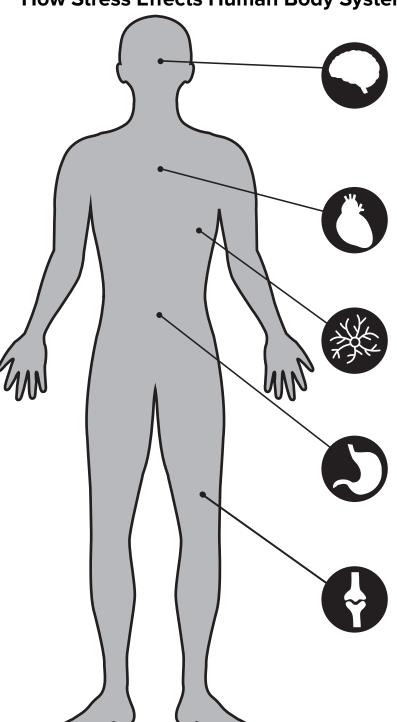


Increased risk of frequent urination, or prostatic symptoms





How Stress Effects Human Body Systems



MENTAL & BEHAVIORAL

Anxiety, panic disorders, depression, anger, headaches, sleeping disorders, nightmares, lack of energy and concentration, addictions, isolation, suicidal thoughts, tremors, mood swings, loneliness, OCD, learning disabilities, lying, nervousness

HEART & LUNGS

Increased heart rate, high blood pressure, risk for heart attack and high cholesterol, fatigue, difficulty breathing, chest pain

IMMUNE SYSTEM

Frequent illness, inability to fight infection, colds, sores, rashes, pain disorders, unexplained allergies, excessive sweating

GASTROINTESTINAL

Acid reflux, nausea, cramping, bloating, belching, increased or decreased appetite, eating disorders, dry mouth, swallowing problems, constipation, diarrhea, weight gain or loss

MUSCULOSKELETAL

Unexplained aches and pains in joints, bones, and muscles, decreased bone density, TMJ, jaw clenching, teeth grinding, clumsiness, neck or back pain

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