

### Acute Physiological Effects of Stress

- Increased heart rate and blood pressure
- Slowed digestion to divert energy to muscle contraction
- Slowed saliva and mucus production
- Dilated pupils for increased vision sensitivity
- Endorphin release to reduce the feeling of pain if inflicted
- Acute sensory sensation
- Increased platelet production and blood clotting if injury occurs
- Release of glucose and fat into the bloodstream for energy
- Dilation of the bronchi to allow increased respiration rate
- Shallow, quickened breathing to allow increased oxygen to muscles

### Chronic Physiological Effects of Stress

- Anxiety
- Panic attacks
- Depression
- Fatigue
- Crying fits
- Mood swings
- Digestive issues
- Muscle tension
- Soreness
- Frequent illness
- Frequent headaches/neck aches
- Skin conditions
- Respiratory distress
- High blood pressure
- Heart disease and/or stroke

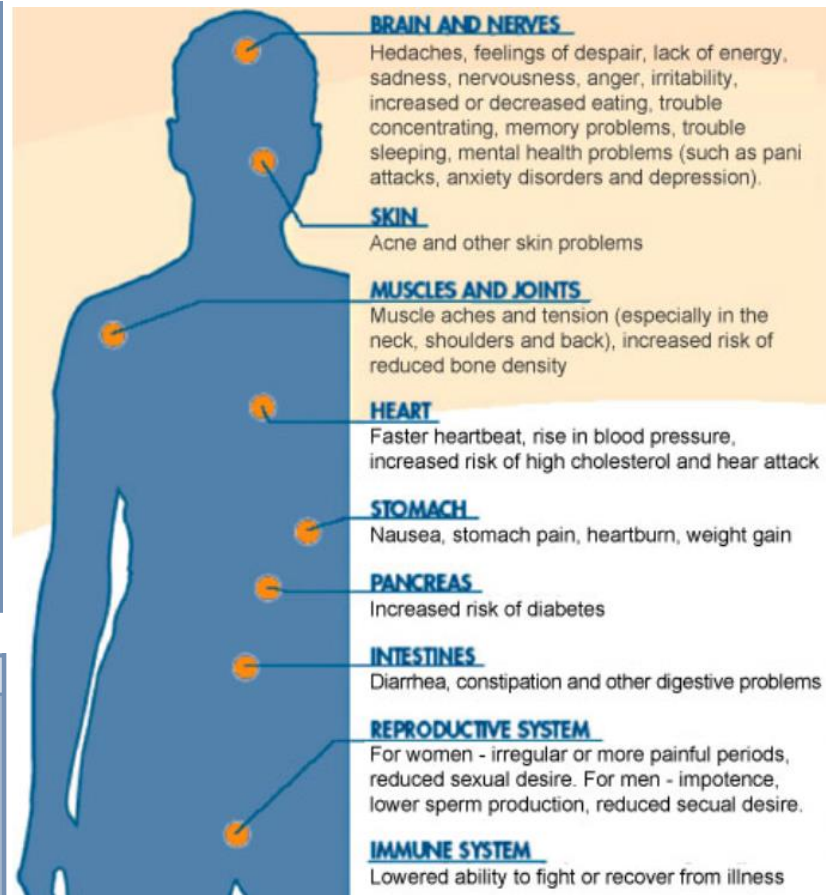
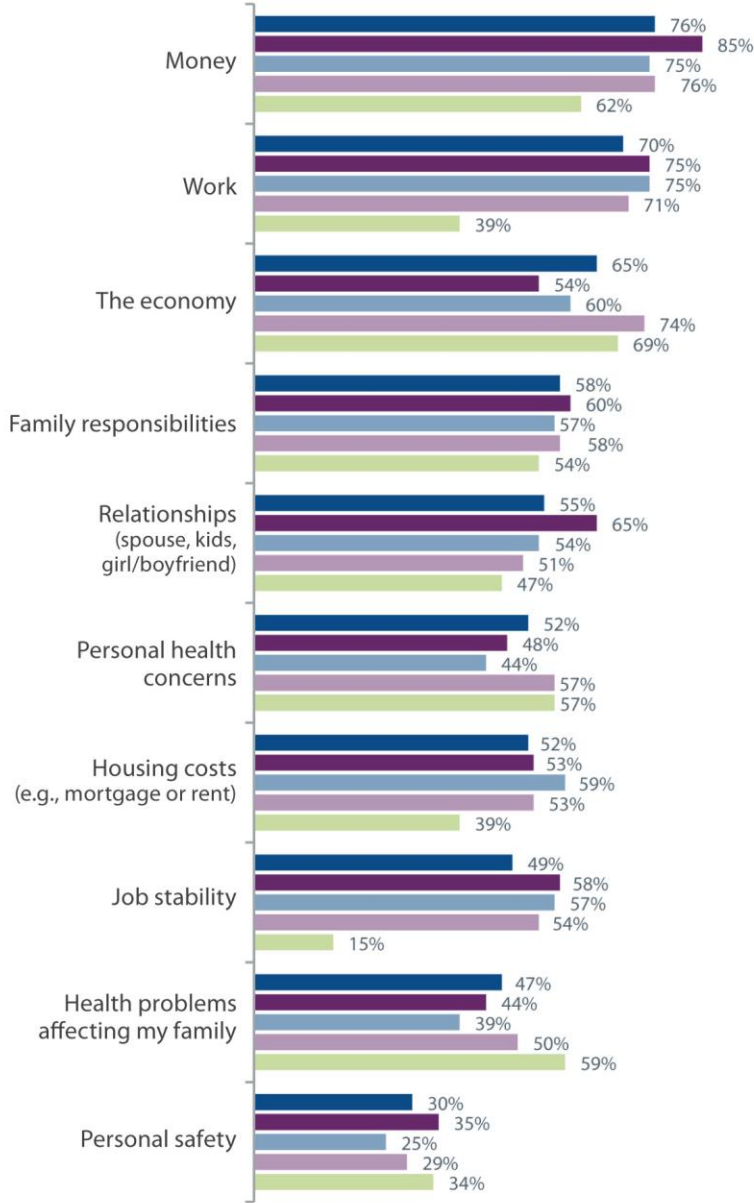


Diagram 2.

Diagram 1.

## Causes of Stress by Generation (% Somewhat/Very Significant)

■ Total   
 ■ Millennial   
 ■ Gen X   
 ■ Boomer   
 ■ Mature



Millennials – 19-31 yrs. old  
 Gen X – 32-45 yrs. old  
 Boomers – 46-64 yrs. old  
 Mature – 65 + yrs. Old

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**BASE: All respondents (n=1134); Millennial (n=268); Gen X (n=293); Boomer (n=396); Mature (n=177)**  
**Q625** Below is a list of things people say cause stress in their lives. For each one, please indicate how significant a source of stress it is in your life.