Stress and your numbers

Long-term stress can show up in the body. This page links common stress effects to the numbers you can track and gives you a short menu of things to try.

STRESS AND WHAT TO TRACK

Area	What stress can do	What to track
Heart	Raises heart rate and blood pressure	Home blood pressure log
Blood sugar	Disrupts glucose and insulin regulation	Fasting glucose, A1C
Gut	Can worsen reflux and IBS	Symptom diary
Sleep	Poor sleep adds to stress	Sleep hours (aim 7 to 9)

MY STRESS MENU: TICK WHAT TO TRY

- [ ] 5 minutes of breathing
- [ ] A short walk
- [ ] Calming music
- [ ] Time with friends
- [ ] Gratitude journal
- [ ] Time in nature
- [ ] Yoga or tai chi
- [ ] Less news and scrolling
- [ ] A top-3 to-do list

NOTES

Biggest stressor this month _____

My last BP and glucose readings _____

QUESTIONS TO ASK

- [ ] Do my results suggest stress is affecting me?
- [ ] Should I track my blood pressure at home?
- [ ] Is there a test that fits my symptoms?
- [ ] Who can I talk to about stress?

Sources: A chronic-stress overview. Links are associations. There is no routine blood test for stress. Our own page.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com