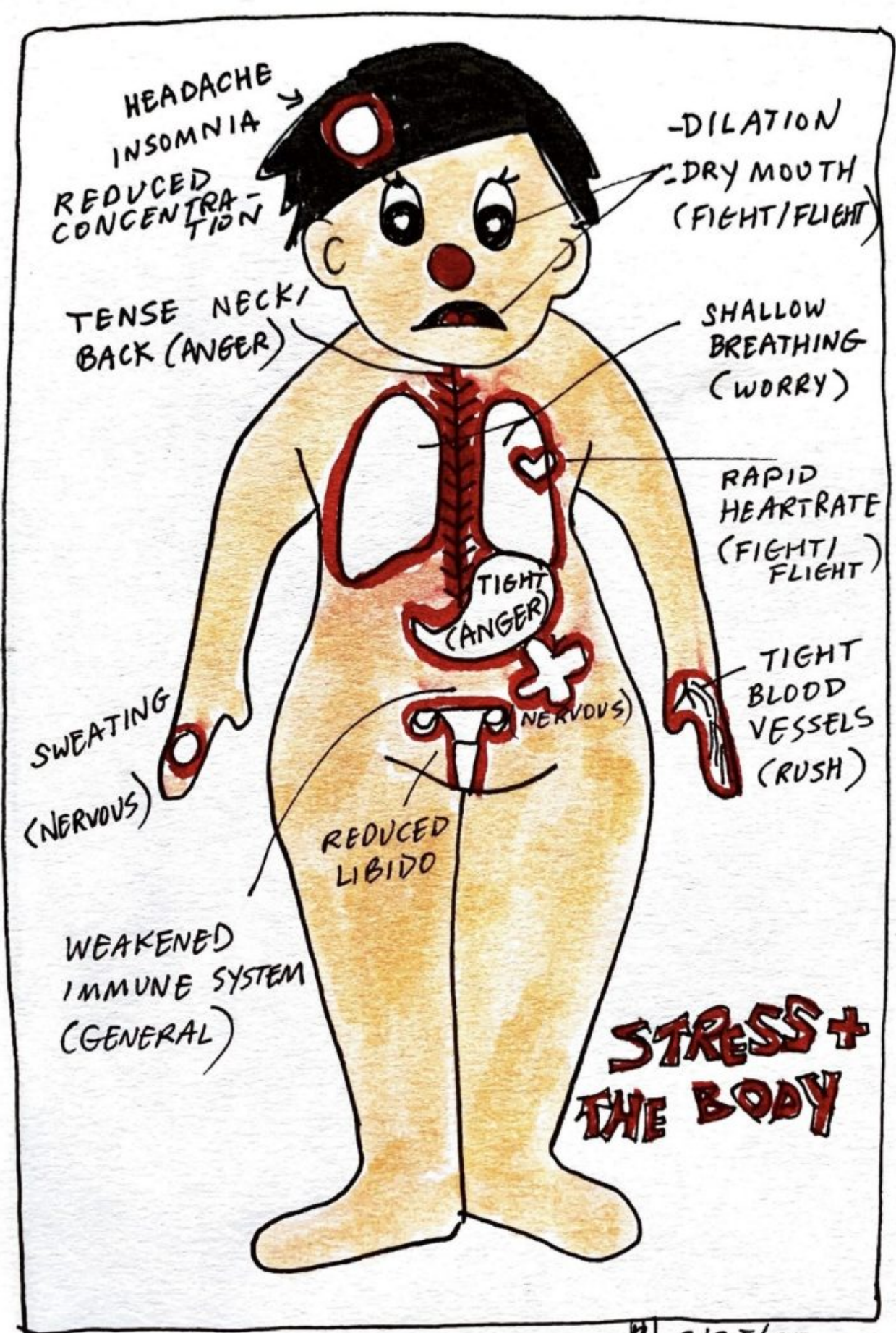


Stress Operation

Category: visuals

written by JM Huck | March 15, 2024



HEADACHE
INSOMNIA →
REDUCED
CONCENTRATION

-DILATION
-DRY MOUTH
(FIGHT/FLIGHT)

TENSE NECK/
BACK (ANGER)

SHALLOW
BREATHING
(WORRY)

RAPID
HEARTRATE
(FIGHT/
FLIGHT)

TIGHT
(ANGER)

NERVOUS

TIGHT
BLOOD
VESSELS
(RUSH)

SWEATING
(NERVOUS)

REDUCED
LIBIDO

WEAKENED
IMMUNE SYSTEM
(GENERAL)

STRESS + THE BODY