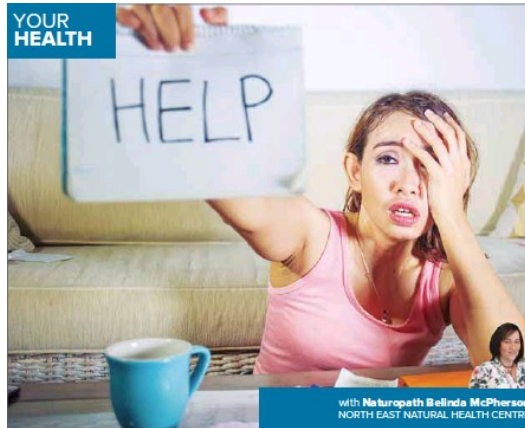# How stress can cause physical signs and symptoms

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STRESS is often associated with low mood or bad tempers and irritability, but stress can cause physical symptoms in many people too.

Have you ever felt like your heart is beating too fast or had chest pain, only to discover that there is nothing wrong when you have a heart check up?

Do you experience a bloated and queasy tummy, even though every gut test says you are fine?

Are you constantly tired and feeling like your memory is somewhere else - maybe with the keys you have misplaced?

Most people I talk to tend to have a specific 'stress holding pattern' which will dictate where their body chooses to store stress.

Sometimes they don't even know they are stressed, they just feel a little 'off balance'.

An interesting point to consider, if you have experienced any of the above symptoms, is that mood receptors are found in every organ of the body (with the most being found in the gut).

This is why some people experience stress in their tummy, others hold onto stress in their muscles and some of us like to lock it away in our chest.

Stress can also down-regulate our immune systems making us more prone to infections, cold, bugs and low energy when we are under pressure.

Learning about your own stress pattern and creating a plan so you can identify it early can be a great way to deal with your 'unusual symptoms'.

Steps you can take if you think stress is the contributing to your physical symptoms:

if stress is the cause of your physical symptoms

stress levels - can you change anything?

feel good hormones: sugar and increase lean protein, wholegrains, and healthy oils.

if the foods you are eating are creating stress in your gut.