

HOW STRESS AFFECTS YOUR HEALTH

Everyone experiences stress. That stress is felt differently based on many factors. Those factors can determine how the stress that you are dealing with is managed, if it will lead to distress, and how it impacts your health.

The New Jersey Population Health Cohort Study is striving to better understand how stress impacts the health of people in New Jersey from different backgrounds with different experiences. *There is still a lot to learn about stress and health.*



THE STRESS IN YOUR PERSONAL LIFE

Events that occur in your life or a family member's life that positively or negatively impact you or your family's health or well-being.



THE STRESS AROUND YOU

The feelings and experiences you have that come from your awareness of, or involvement in, political events like elections and social movements.



STRESS SHIELDS AND MAGNIFIERS

Shields are the social supports that provide emotional and informational support to protect you against the detrimental effects of life stress on your health and well-being.

When these supports are lacking in your life, stressors can be magnified.



DISTRESS

Distress is anxiety, uneasiness, pain or suffering that may affect your health. Distress can result from a stressful situation combined with a pattern of thinking that magnifies stress. Personal stress or the stressors in the world around you can contribute to feelings of distress.

DISTRESS REDUCERS AND MAGNIFIERS

Distress may be an outcome of persistent stressful challenges in your life or stress around you.

Personality traits or social support availability could reduce or magnify distress.



YOUR HEALTH AND WELL-BEING

Chronic stress can be felt in your body or mind and can negatively impact your health and overall well-being if not managed.



- Emotional stress, like anger, can trigger heart attacks.
- Stress can lead to headaches, insomnia, or an upset stomach.
- Chronic stress can cause disease due to changes in your body or bad habits used to cope with stress like smoking.
- Chronic stress, such as depression, can lead to increased cardiovascular risk.
- Chronic stress may also impact cognition.



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