

Resources

Stress & Stress Hormone's Effect on the Body

[Stress: Win control over the stress in your life](#) (Mayo Clinic)

[Stress](#) (American Diabetes Association)

[Chronic stress and the heart](#) (*Journal of the American Medical Association*)

[Acute emotional stress and the heart](#) (*Journal of the American Medical Association*)

[Stress: Can it cause weight gain?](#) (Mayo Clinic)

