**Seen and Unseen Stresses**

**Mental**

Lack of Relaxation Negative Attitudes and Beliefs Fear Depression

Emotional Stress Psychological Stress Death of a loved one Marital Stress Over Exertion

**Environmental**

Intense heat/cold Noise Toxic Exposure/ Toxins Disrupted light cycles

**Physiological**

Wound Healing Prescriptions/non-prescription drugs Infection: Acute/Chronic

Allergies Smoking Lack of Sleep Lack of/or excessive exercise Pain

Poor Eating Habits Sugar and White Flour Products Using Stimulants When Tired (Caffeine)

