

STRESS

ARE YOU FEELING STRESSED TODAY?



6/10

(on 31/10/2012)

Your stress level is up **+2** from your last entry.

0 = No stress
10 = Very stressed

UPDATE YOUR STRESS

Add a reason for your current level

Rate your stress on a scale of 0-10 (0 being extremely relaxed and 10 being extremely stressed)

0

NEW NOTIFICATION

Your Stress Level is High

Too much stress is a risk factor for Coronary Heart Disease (CHD); however it can also have an adverse effect on other risk factors for CHD. Too much stress can lead to:

- Increased blood pressure
- Increased smoking
- Poor eating habits
- Increased Alcohol consumption
- Less Activity

Prolonged stress should not be ignored. Try reviewing the [section on stress](#); and complete the stress diary. If you are still struggling to reduce your stress levels then please speak to your health care professional.

Close

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