

6 Signs Stress is Making You Sick (And What to do About it)

A little stress can actually be a good thing. In small spurts, it's what motivates you to prep for a major test or work presentation, or makes your palms go sweaty in anticipation of a first date. Too much stress, on the other hand, can be overwhelming emotionally – and even detrimental to your physical health.

You're having trouble thinking clearly

1. Try to pare down the number of decisions you make per day.
2. Try moving decision-heavy work meetings to the morning.
3. Stop multitasking.
4. Avoid checking phone and email notifications for the first hour or so of your day.
5. Give yourself dedicated time to "zone out."

You've been getting more headaches than usual (or they're getting worse)

1. Apply a cold compress or a heating pad to your head.
2. Rub your hairline and temples with peppermint essential oil or tiger balm.
3. Consider working with a therapist who specializes in biofeedback and/or relaxation techniques.

You're having digestive issues – but your diet hasn't changed

1. Avoid high-caffeine stimulants, especially coffee.
2. Try gentle yoga movements.
3. See your medical doctor, so you can rule out any underlying physical conditions.
4. Try out therapy types like cognitive behavioral therapy or relaxation therapy.

Your skin has been extra sensitive lately

1. For acne, try applying ice cubes made from green tea.
2. For hives, apply a cool compress to the affected area.
3. If you find yourself perpetuating the skin issues, try habit reversal training.

You're getting back-to-back colds

1. Take a hot bath with Epsom salts.
2. Get seven to eight hours of sleep every night.
3. Drink your vitamins.

Your sex drive is down

1. Spend intimate time with your partner – even if it's not sex time.
2. Consider seeing a sex therapist.