
Stress and Gastrointestinal (GI) Health

Stress is a universal experience that affects all people. Stress can be both mental and physical. Mental stress can appear as worry or irritability, while physical stress can present as headaches or muscle tension. Mental stress can fuel or worsen GI symptoms in some people.

Common Symptoms Include:

- Heartburn
- Indigestion (upset stomach)
- Nausea
- Vomiting
- Diarrhea
- Constipation
- Gas
- Bloating
- Abdominal pain

Managing stress can help activate the “rest” and “digest” response in the brain.

Stress Management Techniques

- Deep breathing exercises
- Mindfulness meditation
- Yoga
- Aerobic exercises (swimming, walking, or cycling)
- Practicing positive self-talk
- Music therapy
- Psychotherapy