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 resting
- 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