Running on empty?

After creeping through the morning traffic jam, you’re late for work only to find that your computer has crashed and you have a presentation within the hour. The pounding pulse, sweaty hands and throbbing head begin. Left unchecked, stress can:

• Increase cortisol to unhealthy levels
• Raise blood pressure, cholesterol and triglycerides
• Make you more susceptible to depression and anxiety
• Worsen skin conditions
• Trigger asthma attacks
• Affect memory function