



We've all been stressed at some point in our lives. With the COVID-19 pandemic having disrupted all our lives, the stress levels have only increased. According to research, close to **90 percent** of significant illnesses are related to high-stress levels. So how can you avoid such illnesses? Start by spotting these early signs.



1. You're just not able to focus

When you've to deal with a truckload of work while balancing your other commitments, life can get overwhelming. It is exactly at this point, your body starts secreting cortisol, and as per research, prolonged exposure to cortisol might lead to shrinking of the hippocampus, your brain's memory center. All of this will culminate in you feeling distracted a lot.



2. You fall sick quite often

Ever wondered why as weeks and days go by you seem to be catching cold, or coughing a lot, or even feeling a little feverish. Well, it's not just the changing weather around you, it could well be the stress you're going through. When you're stressed, your body secretes a stress hormone called cortisol, though they're helpful in the short-term when they're withdrawn from your system as days pass by, your body becomes more susceptible to sickness.



3. Your memory is a little hazy

Have you misplaced your keys quite a few times this week? Or have you found yourself forgetting a word while speaking? Poor memory recall has often been linked to excessive stress. In fact, research shows that stress can reduce spatial memory, that part of your brain, which helps you locate objects and other seemingly ordinary day-to-day things.



4. You feel extremely thirsty

When you get a little anxious, it causes your adrenal glands to secrete out stress hormones into your body. This leads to a fluctuation in other hormones, too, which go on to affect the fluid levels in your body. So if you're feeling thirsty reading this right now, maybe you're stressed out, and you need to relax first before grabbing that bottle of water.



5. You are not able to get a good night's sleep

If you find yourself waking up in the middle of the night or catch yourself worrying or thinking about things that haven't happened yet, it could be a sign of anxiety. After a long day filled with intellect engaging work, sleep should come naturally to you, but if you feel tired and find it difficult to fall asleep, it's possible that your stress levels are high.

Looking for tips to de-stress? Worry not, help is just a click away. Connect with our Experts and find out how to live a stress-free life.

CONNECT TO AN EXPERT NOW

Let's battle the emotional implications of COVID-19 together. Visit [A Better You Project](#).

Please feel free to contact us at campus@yourdost.com if you face any issues.

**Standing with you,
Team YourDOST**
