



HOW
STRESS
SHOWS UP
IN YOUR
BODY

A 2-MINUTE CHECKLIST

Releaseology, LLC

How Stress Shows Up in Your Body

25 signs you might not realize are linked to stress.

<input type="checkbox"/>	You wake up tired, even after a full night's sleep
<input type="checkbox"/>	Your brain feels foggy
<input type="checkbox"/>	You lose your train of thought or forget simple words.
<input type="checkbox"/>	You can't focus like you used to.
<input type="checkbox"/>	You feel overwhelmed by things that never used to bother you.
<input type="checkbox"/>	You feel "on edge" even when nothing is wrong.
<input type="checkbox"/>	It feels impossible to truly relax.
<input type="checkbox"/>	You have trouble falling asleep...or staying asleep.
<input type="checkbox"/>	You clench your jaw or grind your teeth.
<input type="checkbox"/>	Your neck and shoulders always feel tight.
<input type="checkbox"/>	Your heart races for no obvious reason.
<input type="checkbox"/>	It feels hard to take a full, deep breath.
<input type="checkbox"/>	You get frequent headaches or migraines.
<input type="checkbox"/>	You feel dizzy, lightheaded, or off balance.
<input type="checkbox"/>	Your muscles feel tight, sore, or achy.
<input type="checkbox"/>	You never feel fully recharged.

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Cont.

<input type="checkbox"/>	Your stomach is "off" (bloating, reflux, constipation, diarrhea).
<input type="checkbox"/>	You crave sugar, caffeine, or salty foods through the day.
<input type="checkbox"/>	Your body feels inflamed.
<input type="checkbox"/>	You've been diagnosed with fibromyalgia, chronic fatigue, vestibular migraine, or another condition without clear answers.
<input type="checkbox"/>	You've been told, "Everything looks normal," despite feeling the opposite.
<input type="checkbox"/>	You've started wondering if all of your symptoms are somehow connected.
<input type="checkbox"/>	You feel like your body is working against you.
<input type="checkbox"/>	You just want to feel like yourself again.

If you checked more than 3

[Click Here](#)
[5 Minute Stress Reset](#)

The 5-Minute Stress Reset

Calm your brain and body in just 5 minutes.

- ✓ Easy guided video
- ✓ Audio version included
- ✓ Learn the exact movements
- ✓ Customize it to your body
- ✓ Lifetime access

Great if you're dealing with:

Stress
Anxiety
Brain fog
Poor sleep
Feeling overwhelmed
Muscle tension
And more!

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Using neurology to ease unexplained symptoms for medically dismissed adults

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), neuro physical therapist and founder of **Releaseology**.

For over 12 years, I've helped adults with **unexplained symptoms** understand how stress and the brain can affect pain, dizziness, digestion, fatigue, and more. My goal is simple: **help your symptoms finally make sense.**



Let's Release Your Body's Own Healing Potential
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**Thank you for
respecting the
hard work for the
author**

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Consult with a clinician in your care

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