

**Health Hazards of Stress  
(BUPA)**

Asthma  
Hyperventilation  
Bronchitis  
Cancer  
Fatigue  
Muscular Tension  
Diabetes  
Obesity  
Hypertension (high blood pressure)  
Stroke  
Colds  
Flu  
Depression  
Ulcers  
Diarrhoea  
Colitis  
Breakdown  
Allergies  
Migraine  
Anorexia