

Outline for an Essay on the Impacts of Stress

I. Introduction

- A. Striking statistics about the prevalence of stress/anxiety
- B. Overview of the body's stress response
- C. **Thesis:** While stress is unavoidable, chronic high stress can have devastating impacts on overall health and well-being.

II. Body Paragraph 1 - Effects on Mental Health

- A. **Topic sentence:** Stress directly influences mental health
- B. Evidence
 - 1. Data linking stress to depression/anxiety disorders
 - 2. Example brain imaging showing impact on amygdala
- C. **Analysis of stress-**related mental health consequences
- D. Transition to physical impacts

III. Body Paragraph 2 - Effects on Physical Health

- A. **Topic sentence:** Stress also manifests in direct physical ways
- B. Evidence
 - 1. Statistics connecting stress to cardiovascular issues
 - 2. Example study on stress impairing immune function
- C. **Analysis of mind-**body connection and physical tolls
- D. Transition to lifestyle factors

IV. Body Paragraph 3 - Lifestyle Causes of Chronic Stress

- A. **Topic sentence:** Modern lifestyle behaviors contribute to stress
- B. Evidence
 - 1. Work/Life balance challenges and long hours

- 2. Poor sleep, diet and exercise habits
- C. Analysis of how these patterns perpetuate the stress cycle
- D. Transition to managing stress

V. Conclusion

- A. Restatement of thesis
- B. Summary of mental, physical, and lifestyle stress impacts
- C. Emphasize the importance of active stress management strategies
- D. Call to action for a mindful relationship with stress