

Young Scholars Project

How does stress and anxiety affect the interactions between various systems in the body?

Signposts

Here are some resources which you can use as a starting point for your research into reducing the impact of stress and anxiety on your mental health. Refer to the **Referencing and Research Skills** tab on the Young Scholars Project website for hints on how to find reliable, credible sources of information and document them accurately.

[Information for everyone on anxiety and depression: Beyond Blue](#)

[Stress effects on the body](#)

[Self-help for anxiety](#)

[Anxiety and physical illness](#)

[A toolbox to manage your health and wellbeing: Reach Out](#)

[Mental Health resources for young adults](#)

[How exercise and eating well positively impact your mental health](#)

[The long-term effects of stressors upon your health](#)

[Stress and relaxation](#)

[Understanding and managing anxiety](#)