Emotional Crisis

Part of your problem today may be due to an emotional crisis. **Emotional states can cause many different physical signs and symptoms.** These may include:

- Chest or stomach pain.
- Fluttering heartbeat.
- Passing out.
- Breathing difficulty
- Headaches.
- Trembling.
- Hot or cold flashes
- Numbness.
- Dizziness.
- Unusual muscle pain or fatigue.
- Insomnia.

When you have other medical problems, they are often made worse by emotional upsets.

Emotional crises can increase your stress and anxiety. Finding ways to reduce your stress level can make you feel better. You will become more capable of dealing with these emotional states. Regular physical exercise such as walking can be very beneficial. **Counseling or medicine to treat anxiety or depression may also be needed**. See your caregiver if you have further problems or questions about your condition.

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