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Abstract Stress is commonly delineated as a sense of being tension, distressed or run-down. Stress will affect individuals of all ages, genders and may result in each physical and psychological health

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problems. Normal healthy people experienced stress through external forces or external environmental factors. Researchers...

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Research has shown that physical activity tends to relieve stress in most people, and is a recommended addition to the lifestyle of a college student in order to maintain appropriate physical and mental acuity (Nguyen-Michel, Unger, Hamilton & Sprujit-Metz, p. 186).

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Physiological effects: Commonly appearing stress related bodily disorders are-peptic ulcers, hypertension, chronic fatigue, hormonal changes, increased heart rate, difficulty in breathing, numbness of

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limbs, heart disease and reduction in immunity, etc. b. Psychological effects:

~~Essay on Stress: It's Meaning, Effects and Coping with Stress~~

This paper will give a detailed definition of what stress in the workplace is and the most common causes of stress amongst both employers and employees. In the midst of investigating the causes of stress, I will give an outline of what can be done to manage the stress by not only the individual but also by the employers themselves.

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Those findings opened the floodgates of research. By 2004, Suzanne Segerstrom, PhD, of the University of Kentucky, and Gregory Miller, PhD, of the University of British Columbia, had nearly 300 studies on

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stress and health to review. Their meta-analysis discerned intriguing patterns.

~~Stress Weakens the Immune System~~

This thesis examines the impact of stress on students' academic performance and stress management among students of Seinäjoki University of Applied Sciences. The main objectives were to ascertain or identify the extent to which stress affects students' academic success, health and general lifestyle, as well as to inquire and

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Stress in itself is neither positive nor negative. It is the response

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of our body to external or internal stimuli, commonly referred to as the “fight or flight” response. Stress is a condition or feeling experienced when a person perceives that the demands placed on them exceed their resources (The American Institute of Stress, What is Stress?). Acute or limited stress is helpful to the human system, allowing us to respond more effectively to pressing needs.

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