

STRESS AND ORALITY%0A

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[Stress and Orality | SpringerLink](#)

The reading of STRESS and ORALITY written by F. HARTMANN and G. CUCCHI led me to believe that we should consider the problem of certain migraines, neck pain, fibromyalgia, and chronic fatigue from a radically different angle than the historically traditional approach.

[Stress | Mind, the mental health charity - help for mental ...](#)

Stress can cause mental health problems, and make existing problems worse. For example, if you often struggle to manage feelings of stress, you might develop a mental health problem like anxiety or depression .

[Stress Symptoms, Signs, and Causes: Improving Your Ability ...](#)

Stress Symptoms, Signs, and Causes Improving Your Ability to Handle Stress . Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best.

[How to deal with stress - NHS](#)

How to deal with stress. Stress causes physical changes in the body designed to help you take on threats or difficulties. You may notice that your heart pounds, your breathing quickens, your muscles tense, and you start to sweat.

[Stress and the mind: full works | Mental Health Foundation](#)

Stress and the mind: full works In this podcast presented by Dr David Peters, he takes you through a guided meditation, which focuses on positive emotions and imagery to ease pressure and feelings of stress.

[Stress and anxiety | Multiple Sclerosis Society UK](#)

People with MS often find stress can affect their condition in some way. Find out more about managing anxiety and mental health. Find out more about managing anxiety and mental health. MS is unpredictable - and that can lead to stress and anxiety.

[Stress at work - Work-related stress and how to tackle it ...](#)

Work-related stress and how to tackle it. Employers have a legal duty to protect employees from stress at work by doing a risk assessment and acting on it.

[Stress and Anxiety: Causes and Management - Healthline](#)

While some amount of stress and anxiety in life is expected and shouldn't be cause for concern, it's important to recognize when the stress in your life is causing negative consequences. If

[Stress symptoms: Effects on your body and behavior -](#)

Mayo ...

Stress symptoms may be affecting your health, even though you might not realize it. You may think illness is to blame for that nagging headache, your frequent insomnia or your decreased productivity at work.

Stress | Health and safety | UNISON National

Stress is one of the biggest causes of health problems in the workplace. In general terms, stress is a reaction to pressure or harassment at work. In general terms, stress is a reaction to pressure or harassment at work.

Stress - IOSH

Stress symptoms. Mental and physical symptoms. Defining cases of work-related stress. HSE figures show that in Great Britain, stress is the second most commonly reported condition in the self-reported work related illnesses.

Stress | Psychology Today

Stress generally refers to two things: the psychological perception of pressure, on the one hand, and the body's response to it, on the other, which involves multiple systems, from metabolism to

Stress (biology) - Wikipedia

Physiological or biological stress is an organism's response to a stressor such as an environmental condition. Stress is the body's method of reacting to a condition such as a threat, challenge or physical and psychological barrier.

How Does Stress Harm Your Health? - Verywell Mind

The effects of stress impact us emotionally as well, which is a truth both obvious and often ignored. While some stress may produce feelings of mild anxiety or frustration, prolonged stress can lead to burnout, anxiety disorders, and depression.

What Is Stress? - WebMD

Continued Long-term Stress. If you let your stress spiral on for too long, it can have damaging effects on your physical, mental, and emotional health, especially if it becomes chronic.