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Workplace bullying costs global employers billions of dollars every year in absenteeism, stress leave, and lost productivity. It also points to structural risks present in organizations, says a new ...

~~Workplace bullying reflects structural risks~~

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~~present in organizations~~

Rachel Yarcony is the CEO and Founder of myAir Smart Wellness, a stress management platform of personalised smart-food and insights. I always thought that chronic stress was dangerous for my health.

~~The Sweet Spot Of Stress~~

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"In this study we focused on the ongoing stress and trauma that many people were experiencing during the first summer of the COVID-19 pandemic," said Tracey Shors, distinguished professor in the ...

~~Meditation and exercise can alleviate teacher stress~~

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Examples of this "stress loop" are wide-ranging, from indigestion to insomnia. One surprising common culprit? It's dandruff, which can flare up when you're feeling tense. While there ' s a whole ...

~~The Stress and Dandruff Connection—and
How to Break the Cycle~~

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On a dusty August day two years ago, Wallace J. Nichols hiked into the California valley where he had lived for more than 20 years to find his family ' s home and all their possessions destroyed ...

~~The Underrated Therapy for Anxiety and
Stress: Water~~

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Apart from counselling, and other treatment options, try these 7 breathing techniques when you are suffering from constant stress and anxiety. Usually, what people do is inhale first and then exhale.

~~Anxiety And Stress: 7 Breathing Techniques
To Beat The Problems~~

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The most common medications to manage symptoms of stress are tranquilizers, beta-blockers, and selective serotonin reuptake inhibitors (SSRIs), among others.

Additional treatments may include ...

~~Stress: Symptoms and types of medications~~

Other research has shown that child abuse

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may also play a role. Some data has even shown that stress during pregnancy may lead girls to develop at a younger age. All of this has left researchers ...

~~Stress May Be Causing Early Puberty~~

More information: Fabian Gut et al,
Structural mechanism of endonucleolytic

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processing of blocked DNA ends and
hairpins by Mre11-Rad50, Molecular Cell
(2022). DOI: 10.1016/j.molcel.2022.07.019

...

~~Structural and mechanistic insight into
DNA repair~~

Before we can stop stress from entering our

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bodies and lives, we have to understand what stress is and what its symptoms are. PREMIUM When you are worried or stressed, a cascade of chemical ...

~~What is stress and what does it do to our bodies?~~

This late in the year, it isn ' t uncommon for

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many of us to say things like ‘ I am burnt out ’ after periods of extended stress or workload. Interestingly, the World Health Organisation ...

~~Dealing with burnout and stress~~

Stress is an inevitable part of life. It is nearly impossible to remove all stress from day-to-

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day life. Stress is physiological and psychological responses to situations the body and mind find to ...

~~Can massage relieve symptoms of depression, anxiety and stress?~~

In a recent study published in Nutrition, researchers investigated the effects of

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supplementing taurine on the biomarkers of oxidative stress in ... by functional and structural changes at the ...

~~The effects of taurine supplementation on biomarkers of oxidative stress in women aged 55 to 70~~

Stress. There is no shortage of it today. Pick

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a source: mass shootings, inflation, the
Covid-19 pandemic, the war in Ukraine,
record-setting temperatures, fires, floods.
Stress is constant ...