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ABC News ' Linsey Davis speaks with the authors of the new book " Love People, Use Things: Because the Opposite Never Works " on how to

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live a minimalist life.

‘ The Minimalists ’ on cutting stress and clutter to live life with less
Taking care of your mental health is a full-time job that ’ s as critical as your career. Nurture yourself by experimenting with a variety of stress

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management strategies.

3 Stress Management Techniques That Can Make Your Life Better

"Our mind is very unusual and complex, on one hand inarguably a mind is a powerful resource to have but it is a relentless one," says Hriday

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Arora.

Breaking the tumbler of a monotonous life, Hriday Arora pens down his thoughts

Consider this: In some cities, "rage rooms," sometimes known as anger rooms, allow customers who are fed

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up with work, politics or the stress of everyday life to smash old furniture, TVs ...

De-Stress Your Life

Recent stressful events and personal losses required a review of how I cope under pressure. I gained a greater

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perspective on what works—and
what ...

The “ ABC ” of Bipolar & Stress:
Always Be Coping

When you have a chronic condition,
there ’ s the obvious physical toll, but
there ’ s an equally daunting

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psychological one. What ' s the secret to dealing with the impact on your mental health? Three men ...

How 3 Men Cope With the Stress and Anxiety of Living With a Chronic Condition

This week, government ministers

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confirmed that the next stage of unlocking from coronavirus restrictions will take place on 19 July. This means that close to all legal curtailments on socialising will ...

Feeling Anxious about the End of Lockdown? Here's 8 Tips On How to

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Cope

Renowned wellness specialist Coach M.D. “ POWER UP ” Alexander shares three practical techniques from his H.A.C. System to minimize stress and boost relaxation. The more you train yourself to relax and ...

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How to reduce the negative effects of stress anywhere at anytime in 3 easy steps

Those times in your life when you feel like pulling your hair out because there's so much going on? The absolute worst. And it doesn't help that tense times are also the

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moments when nothing seems to ...

Managing Your Stress Levels Might Be The Most Important Thing You Can Do For Weight Loss

The type, timing, and severity of the applied stimulus evoke a compensatory response known as

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stress responses. These range from alterations in homeostasis to life-threatening effects and death.

Common Causes of Stress

Study provides evidence for link between stress and hair graying, and suggests that the process could be

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reversible.

Rid your life of stress to avoid grays
Understand how Combat Stress
Reactions (CSR) can cause physical
reactions to stress and identify
resources and support to maintain
physical and psychological health.

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Real Warriors: Understanding ...

The Physiology of Combat Stress
Reaction

But if you ' re stress-prone, keeping it within bounds is key to the life well-led. Is there at least one idea among the aforementioned that could help

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you be more relaxed?

Marty Nemko, How to Do Life:

Reducing your stress

An interest in scent has been a constant for the musician, even as her creative aesthetic has shifted and varied over the years.

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Willow Smith on Being the Face of Mugler ' s New Fragrance, Her Creative Inspirations, and How She Combats Stress

To evaluate the impact of financial stress, they looked at unemployment ... as well as issues of security of life

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and property. But when so many problems come at you at the same time and the ...

THE STRESS OF LIVING IN LAGOS

We want stress? Yes, says Goucher ...

We learn early on how to deal with bad weather and conditions in racing

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and in life. To survive the long winters
you have to be tough, and in running
...

Stress, bad weather toughens
athletes — on the track and in life
Stress can cause a variety of negative
health issues. If you 're pregnant,

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being stressed can also impact your baby.

Best Life: Prenatal stress impacting your baby for life

Maternal perceived stress was measured across the first years of their children ' s life (starting from

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birth) and was not limited to stress caused by the pandemic. There is a lack of literature ...

Have maternal pre-pandemic stress levels influenced children ' s mental health during the COVID-19 pandemic?

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What is work-life balance? Is that still a thing? One thing is certain: there ' s plenty of stress to go around. On the brighter side, summer is coming and many of us are vaccinated. Maybe this ...

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