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Managing Stress

Stress is a normal psychological and physiological reaction to the many demands in life. Chronic stress is one of the leading causative factors of illness in general and absenteeism from work. Workplace stress within health care settings is rampant and predicted to significantly increase in coming years.

Untreated chronic stress can result in serious health conditions including anxiety, insomnia, high blood pressure, cardiovascular disease, and a compromised immune system that can lead to many serious illnesses. Some of the ways to combat stress include exercising, meditating, incorporating mindfulness, listening to music, having a sense of humor, eating a balanced diet, and having social support.

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