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Concerns for HR
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support for managing
stress ... offer some
tips to help
workers—and
yourself—let go of
tension and ...

**5 tips to help reduce
employee stress**

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Wilson, clinical
psychologist with the
Institute of Personal
Development, a
member of DuPage
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Medical Group At some
point in your life,
chances are, you've
been under ...

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psychologist offers
ways to unwind
after work and**

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reduce your stress

We know what goes on
in our minds when we
feel stressed. For
some, stressful ...

Community

**Spotlight: Chronic
stress is a killer**

We know what goes on
in our minds when we
feel stressed. For
some, stressful
situations are met with
thoughts about the
worst possible
outcome. For others,

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How stress affects you physically

Our lives are hard — we struggle to cope with professional and personal stressors, and without even realising, they can stay in our body. A lot of our stress comes from day-to-day activities, while in ...

Can shaking therapy

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**help alleviate
stress? Let's find
out**

Working through the Covid-19 pandemic has placed frontline staff under tremendous and unforeseen strain, jeopardising their physical, emotional, and social well-being. Excessive tension over a long pe ...

**Covid-19 and
frontline workers:
Coping with stress**

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On your body:

Headache, muscle
tension or pain ...

When to seek help If
you're not sure if stress
is the cause or if
you've taken steps to
control your stress but
your symptoms
continue, see ...

The stressors of stress on your body and behavior

There are innumerable
products on the market
to help mitigate work-

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related tension and
anxiety. From tactile ...
compatibility for
enhanced operational
control. Included
aromatherapy scents

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Best stress relief products to add a little zen to the 9-to-5 grind

Yoga has long been
used to ease
anxiety—and science
supports its efficacy, so
much so that health

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care providers are incorporating it into their care plans.

When You Need to Cultivate Calm: How Yoga Can Help Ease Anxiety

Yoga has long been known to be a great antidote to stress. Yoga combines many popular stress-reducing techniques, including exercise and learning to control the breath ... we release shoulder

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tension.

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**5 Yoga Poses That
Can Help Release
Stress While You
Work From Home**

Any of those things on
their own can create
stress. Amid the
COVID-19 breakout,
many people are
dealing with all three of
those stressors while
also managing ... can
create tension and
make ...

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**Family counselors'
tips on managing
stress at home
during coronavirus
pandemic**

Neck pain is a common
symptom of migraine,
as well as of tension
and cervicogenic
headaches. What
treatments can
alleviate neck pain?

The Link Between Migraine Headache and Neck Pain

For many of us, life's

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stress ... tension. You can also gently roll your head left and right, massaging out your neck. Hold for 10 breaths. Remove the block and come to lie on your back. Extend your ...

8 Yoga Poses to Soothe Neck Tension

And that influences how the couple communicates and interacts—which helps deal with stress and

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tension ... “While people cannot always control what stressors come into their lives—and ...

Everly George S
Psychology Today

Depression and anxiety can significantly impact one’s day-to-day life. Unfortunately, many people deal with these mental health conditions. The Anxiety and Depression Association of America reports ...

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Best Kratom Strains for Anxiety & Depression: Top 3 Vendors of 2021

Stress occurs when demands or challenges cause the brain and the rest of the body to react with emotional or physical tension ... person feels that they lack control. Negative stress may be ...

Prenatal stress may have lifelong

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effects, study shows

Nairobi Woman Rep
Esther Passaris and
Gender CAS Rachel A
Shebesh during the E
National Gender S
Violence Conference
last year on October
16. Image: KELVIN
MUTINDA Connection,
certainty and control in
...

**De-stress to fight
gender-based
violence**

(WSAW) - No one will
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deny the past year has
brought on feelings of
increased anxiety,
stress and tension ...

The Centers for
Disease Control and
Prevention reports the
prevalence of anxiety

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**Lose the blues and
bring back color to
our mental well-
being**

but the American
Institute of Stress
states the most

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A common explanation is
a “physical, mental, or
emotional strain or
tension.” The Center
for Disease Control
(CDC) defines stress as
a ...

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Top Degree column: April is National Stress Awareness Month

Chelsea worked hard
for their win over top-
four rivals West Ham, a
reminder of the drama
and tension that would

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