

Title:

Anxiety Check: Taking A Pause

Word Count:

572

Summary:

This article deals with the need to overcome job-related stress and anxiety. Like sharpening a

Keywords:

Stress and anxiety

Article Body:

Exhausted from all the job-related tasks that you have to deal with everyday? Have the papers

Stress and anxiety brought by everyday challenges at work can affect a person's interest and s

But nobody in his right mind would just give up. Even those who say they already hate their j

Check on your ego. This is the first thing that you must look into as you go along your self-c

Check on what you know. Updating one's knowledge is very essential to improving one's craft.

Managing stress and anxiety in the office can be done through many ways. It is the same way wi

Finally, the Chief Woodcutter asked the young lad, ^Did you sharpen your axe?~

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