

Title:

Avoid Stress To Secure Energy And Vitality

Word Count:

542

Summary:

After a long day's work, it is natural to feel drained and tired. Working on any task for about

Stress is inevitable, and it's even omnipresent. In clinical language, it is any physical or p

Keywords:

Energy and Vitality, stress

Article Body:

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Stress is inevitable, and it's even omnipresent. In clinical language, it is any physical or p

Deadlines, finances, relationship or marital problems, work or profession, school, existing ai

When the body detects stress, it naturally responds to it. When the mind is stressed, the brai

Different individuals respond to stress in many varying ways. Most resort to smoking cigarette

The primary step to avoid or mitigate the effects of stress is to know where it is coming from

Having enough energy and vitality is crucial for our survival throughout our life. The amount

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