

The Stress Effect Avery Health Guides

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The Effects of Stress on Your Body - WebMD

Stress can also lead to some unhealthy habits that have a negative impact on your health. For example, many people cope with stress by eating too much or by smoking. These unhealthy habits damage the body and create bigger problems in the long-term.

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Stress can affect your health. It is important to pay attention to how you deal with minor and major stressors, so you know when to seek help. Here are five things you should know about stress. 1. Stress affects everyone. Everyone experiences stress from time to time.

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