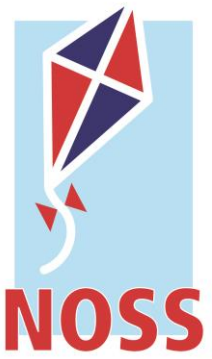


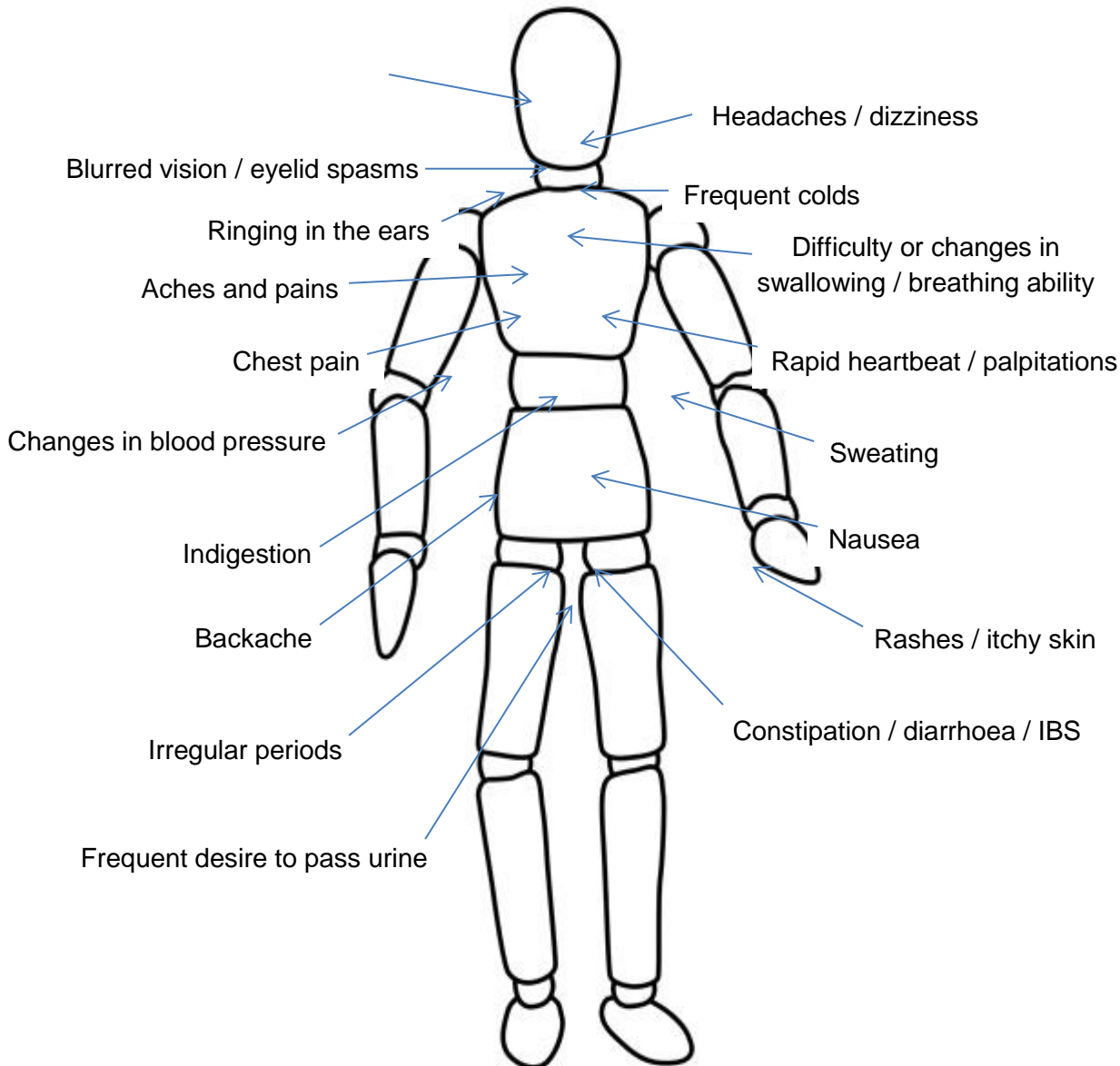


Physical symptoms of stress

“In a Nutshell”



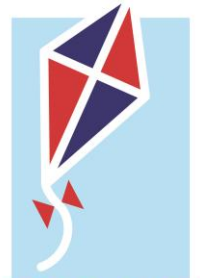
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These are normal bodily reactions to stressful situations that trigger a release of adrenaline into the body.

Once you have recognised these symptoms for what they are, you can learn to control them and not allow them to control you.

Always have physical symptoms checked out by your Doctor / GP before assuming they are a result of Stress.



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