



The Different Types Of Stress And How They Affect People: Stress Management

Mr Manish Pathak

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We all know that stress is unhealthy and can be very damaging to a person's body; eventually, the body will wear down, and even shut down if not controlled. But stress is not always a villain and small amounts of stress can actually produce positive results and be good for you, at times. Stress produces that powerful will to fight hormone that everyone has in their body that allows a person to produce when confronted with an unexpected situation

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