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[Stress: Causes, symptoms, and management - Medical News Today](#)

Stress: Causes, Symptoms, Risk Factors and Stress Management - MedicineNet

[HOME - The American Institute of Stress](#)

Stress: What It Is, Symptoms, Management & Prevention

[Stress - Why It Happens and Common Causes - WebMD](#)

[Stress management: Ways to cope with stressors large and small](#)

What Is Stress? Symptoms, Causes, Impact, Treatment, Coping Managing Stress | Mental Health | CDC

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