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is closely related to the degree of control an individual has over their work and personal circumstances. Every team player handles stress differently, but one of the big challenges in the Covid-19 crisis is how to manage stress when more than one player suffers.

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identify issues  
relating to stress and  
then explore and deal  
with personal stress  
problems. so that  
individuals can enjoy  
a sense of wellbeing  
at home, at work, in  
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problem when our

body has a stress

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help cope with stress.  
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day are enough to  
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Try to identify the  
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Sort the possible reasons for your stress into three categories 1) those with a practical solution 2) those that will get better given time and 3) those you can 't do anything about. Try to release the worry of those in the second and third groups and let them go. 3.

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Andrew Kingsley Nov  
07, 2018 Today (7th  
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we have pulled  
together some of our  
tips on how to spot  
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to physical symptoms  
such as headaches ,  
an upset stomach ,  
elevated blood  
pressure , chest pain ,  
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Stress: Signs,  
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