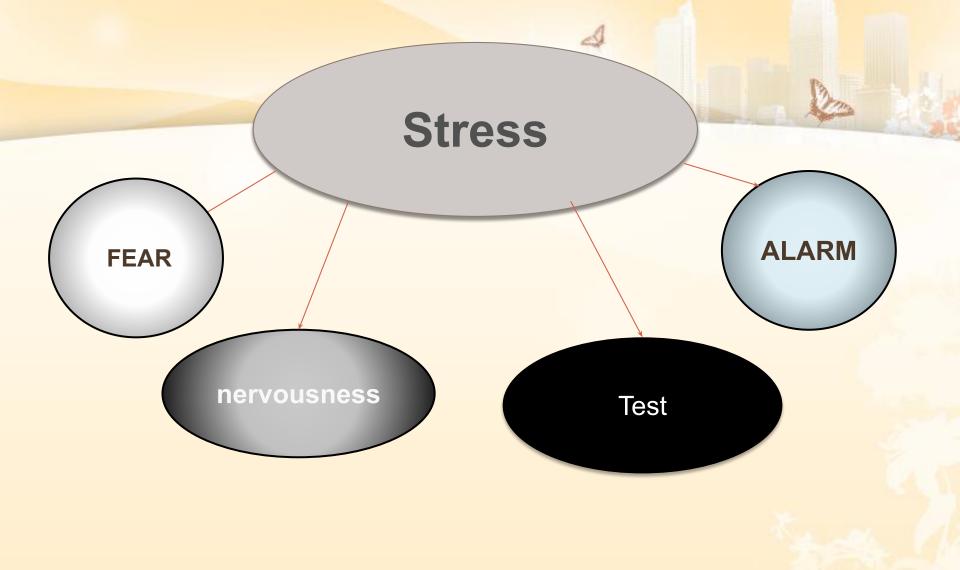
How to overcome a stress.

Work was performed by the student of 1 course 101 of MPGU group
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How to cope with a stress?

What is a stress?



The stress is a concern on result of tests and reaction of an organism to experience.

Physiological symptoms of a stress

- Sleeplessness
- Headaches
- Heartbeat
- Back pains, in a stomach, in heart
- An indigestion
- Spasms

Psychological symptoms of a stress

- Carelessness
- Uneasiness
- Tearfulness
- Concern
- Fears
- Irritability

List of sites

- http://krasna-devica.ru/article/936/kakpreodolet-stress
- http://psyfactor.org/lib/stress2.htm

Thank you for attention.