

Stress and Its Management

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Abstract

Stress is a fact of everyday life, we've all felt it. Sometimes it acts as a positive force and sometimes as a negative force. If you experience stress over a prolonged period of time, it could become chronic, till you take some action. About 500 million people worldwide are believed to be suffering from neurotic, stress related and psychological problems. The challenge can, however, be tackled by joint action between life sciences, social sciences, urban planning, architecture and politics. This article highlights the causes, effects and management of stress and therefore could be helpful for people who want to learn how to react to stress in a more constructive, proactive way.