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The temporary highs caffeine and sugar provide often end in with a crash in mood and energy. Avoid alcohol, cigarettes, and drugs. Get enough sleep. Understanding chronic stress - American Psychological Association Chronic stress can make you more vulnerable to life-threatening health problems. Try these practices proven to reduce the detrimental health effects of stress. Stress and Heart Health - American Heart Association Aug 25, 2013 . Learn how to squash the uncomfortable consequences of stress and anxiety with Self soothing techniques that reduce the stress response. The effects of stress exposure on prefrontal cortex: Translating basic . May 22, 2015 . Stress can affect how you feel, think, and behave. Studies have shown that exercise can relieve stress, reduce depression and improve your Stress and Infertility Stress and Getting Pregnant Factsheet with information on this condition, the symptoms, different types, causes and treatment. 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Listening to music can have a tremendously relaxing effect on our minds Singing (or shouting) along can also be a great release of tension,