



## Stress Management

<https://vch.eduhealth.ca/en/permalink/phem2378>

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**Description:** A description of stress, why it is bad for you, and ways to reduce it.

**Format:** Brochure

**Topic:** Healthy Living

**Subject:** Stress

**Keywords:** Stress Reduction

heart disease

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### Documents



CB.100.St83.PHC.pdf

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