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MANAGEMENT OF STRESS AMONG ADOLESCENTS

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Abstract

Stress is the combination of psychological, physiological, and behavioral reactions that people have in response to events that threaten or challenge them. Stress can be good or bad. Sometimes, stress is helpful, providing people with the extra energy or alertness they need. Stress could give a runner the edge he or she needs to persevere in a marathon, for example. This good kind of stress is called *eustress*. Unfortunately; stress is often not helpful and can even be harmful when not managed effectively. Stress could make a salesperson buckle under the pressure while trying to make a sales pitch at an important business meeting, for example. Moreover, stress can increase the risk of developing health problems, such as cardiovascular disease and anxiety disorders. This bad kind of stress is called *distress*, the kind of stress that people usually are referring to when they use the word *stress*.

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