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Le Stress Chez Les Personnes Acircgeacuteses

Yan Bai



Le Stress Chez Les Personnes Acircgeacuteses:

Comment Vivre Sans Stress Guy Deloeuvre, 2019-02-18 De nos jours tout le monde ressent la pression Nous nous pr cipitons au travail nous nous pr cipitons la maison il y a toujours tant de choses faire Le stress et l anxi t font maintenant partie de notre vie Mais comment y faire face La plupart des gens ne le font pas Le stress cause des ravages sur notre corps Laissez le libre de rage et le stress vous rendra malade Les statistiques sont stup fiantes Un Fran ais sur huit entre 18 et 54 ans souffre d un trouble anxieux Cela repr sente plus de 19 millions de personnes Les recherches men es par l Institut national de la sant mentale ont montr que les troubles anxieux sont les maladies mentales les plus courantes d passant m me la d pression Les femmes sont presque deux fois plus touch es que les hommes et c est le principal probl me de sant mentale chez les femmes Les hommes ne sont pas pargn s les troubles anxieux chez les hommes viennent au deuxi me rang apr s l abus d alcool et de drogues L anxi t ne se r percute pas sur notre sant mais sur nos carnets de ch ques hauteur de 46 6 milliards d euros par an chez nous Les personnes souffrant d anxi t consultent en moyenne cinq m decins avant d tre diagnostiqu es avec succ s Le stress et l anxi t vont de pair L un des principaux sympt mes du stress est l anxi t Et le stress repr sente 80 % de toutes les maladies directement ou indirectement

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