

H $a_g t_{3p}$. i. ac., $b = a_g t_{3p3p}$.

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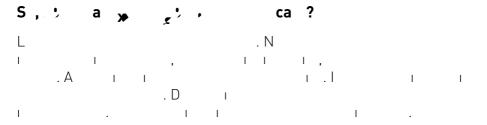
bullying colleague

> caring for an ageing parent

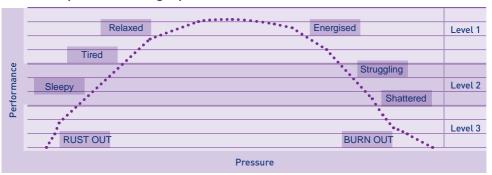
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 $H(a_g)_{p}$ is act, $a_g)_{ppp}$



Pressure/performance graph



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If your performance is reduced due to stress

Stress

Stress is experiencedeastant things which trigger you to be in the same paytable intotal assury to be included in the same paytable intotal assury to be included in the same paytable includes your emotional/mental take resasts

Stress ma show itself in very symptoms you may have exp

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Hags_p, irac stags_p, ags_{pp}

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www.NHS.uk

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Highly, i.e. ac is a t_{yyyy} .

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H E I (2008) Working together to reduce stress at work – a guide for employees, : H E I www.hse.gov.uk/stress 25 J 2015)

R C N | (2015) Stress and you | 004967



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