A Little Stress Conversation [1]

Week of:
May 01, 2020

**Stress balls** [2]

Hey Alice,

What are stress balls and why do people use them?

Read more [2]

**Can stress from school cause nausea and stomachaches?** [3]

Hi Alice,

I'm a student in the midst of midterms and all that, so I've been really busy and not taking as good care of myself as usual (though trying my best), though I wouldn't say that I've been any more stressed than your average student. My question has to do with nausea though: I've been waking up lately and my stomach hurts and I don't know why. I can't think of any medical/strictly physiological reason why, so I was wondering: is it possible that this is stress related? (Can stress/anxiety make one sick with a knot in their stomach??) This has only happened a few times, recently, all during this midterm/work craziness.

Thanks,
Sick from Stress???

Read more [3]

**Good stress?** [4]

To Alice,
Is there such a thing as GOOD stress?

signed,
frustrated

Read more [4]

**How to reduce stress at work** [5]

Dear Alice,

How can I reduce stress at work?
— Losing it

Read more [5]

**Can stress kill?** [6]

Dear Alice,

Can stress really kill, and if so, why?
— Worried about Stress

Read more [6]

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