STRESS

You’re a psychologist talking about stress on a radio programme. Use this infographic to explain what causes stress, its symptoms and how to reduce it to improve our health.

**EJEMPLO DE TAREA FINALIZADA**:

According to research, about 70% of the population suffer from stress, especially women. This is mainly caused by personal reasons, such as breaking up with your partner, being in poor health or even being in debt. Youngsters are more likely to be stressed than adults.

Stressed people feel exhausted, moody, and often suffer from migraine.

Using relaxations techniques, such as yoga, and eating healthily should help.