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11. Doing What Matters in Times of Stress: An Illustrated Guide

World Health Organization (WHO) | Updated June 27, 2025

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American Psychological Association (APA) | November 4, 2025

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NHS (National Health Service, UK) | Current guidance

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Mayo Clinic | August 3, 2023

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16. Managing Stress

Johns Hopkins Medicine | Current guidance

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17. Workplace Stress: Understanding and Managing It

The American Institute of Stress (AIS) | Updated 2025

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18. What Causes Us to Burn Out at Work?

World Economic Forum (WEF) | October 10, 2019

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