

Chování ve stresu:

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Stresující situace:

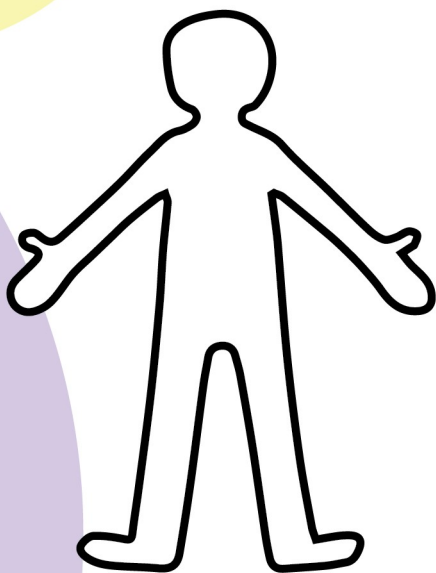
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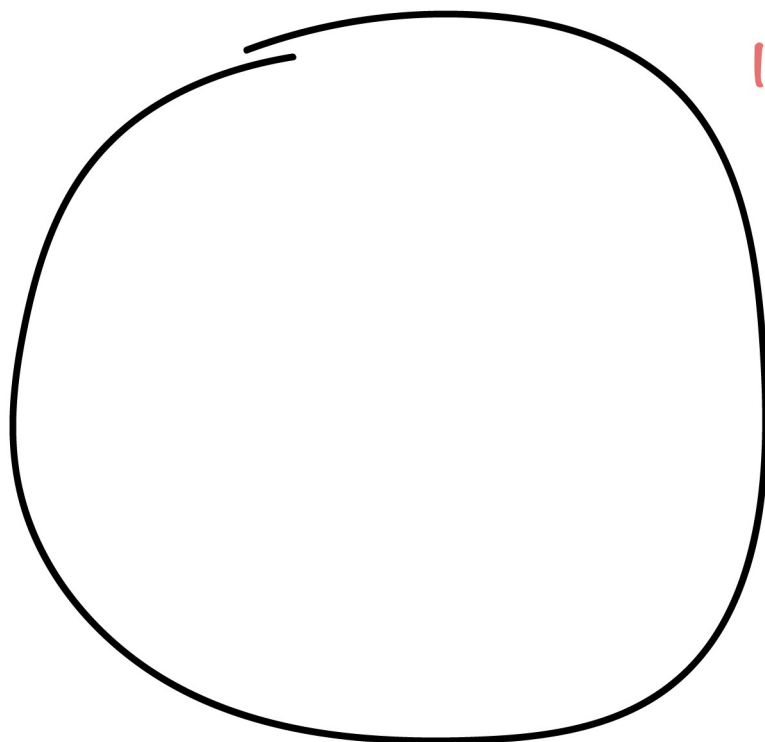
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Tělo ve stresu:

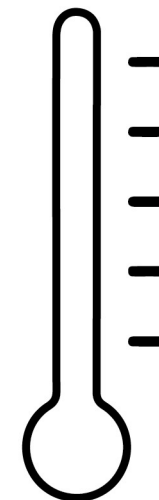
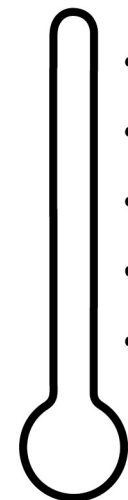


(Kde a jak cítím stres)



MŮJ STRES

I. Stresoměr II. Stresoměr



(Vybarvi, kam sahá rtuť)