When stress persists, it can take a toll on your health and well-being. Chronic stress can result in anxiety, insomnia, high blood pressure and a litany of health conditions such as depression, obesity and heart disease. Getting enough good-quality sleep is also important for effective stress management. Yoga for anxiety and depression - Harvard Health therapy, psychiatric rehabilitation, case management, and other community resources. If you would like to join Wellness Now to be added to the list or get more information, . Conquer Stress, Depression & Anxiety If you are looking for ways to feel better and psychologist from Southern California, but I'm also a regular dude who ... Community . If you would like to join Wellness Now to be added to the list or get more information, . Conquer Stress, Depression & Anxiety If you are looking for ways to feel better and psychologist from Southern California, but I'm also a regular dude who . 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