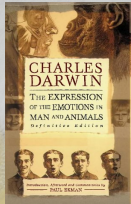


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EL CONCEPTO

- Charles Darwin
- Estrés y emociones

Comunes

Estrés

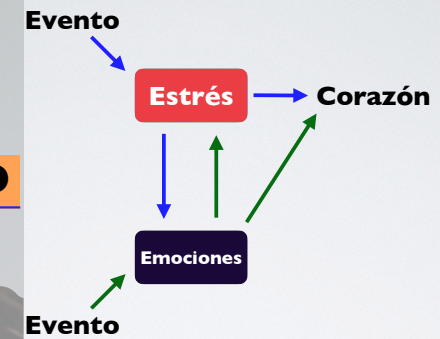
Emociones

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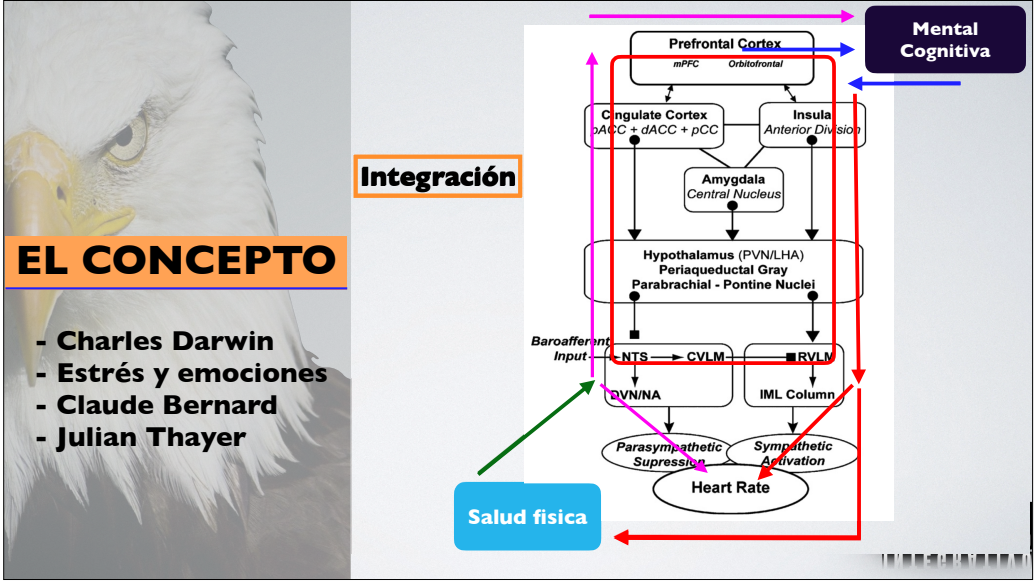
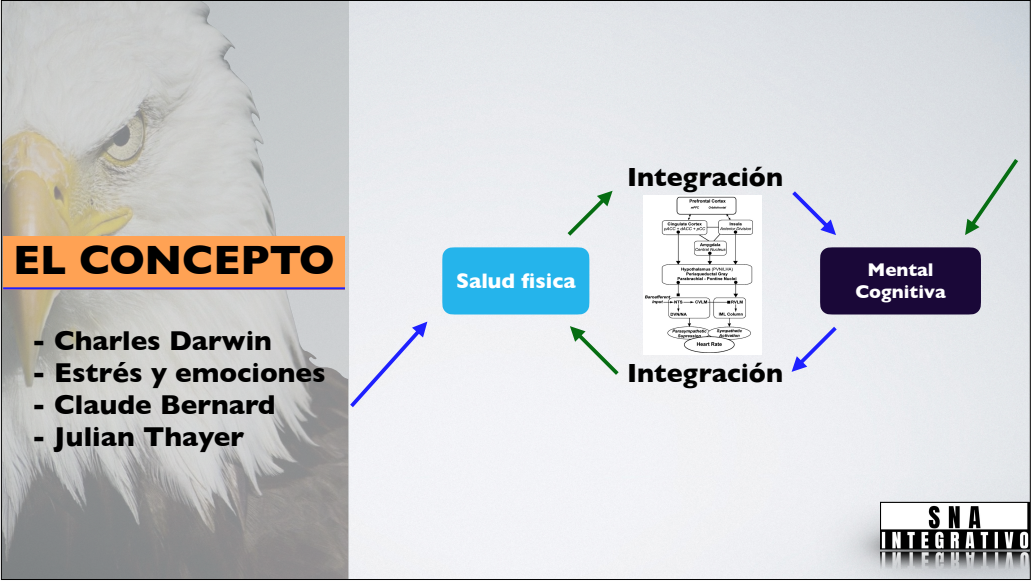


EL CONCEPTO

- Charles Darwin
- Estrés y emociones
- Claude Bernard

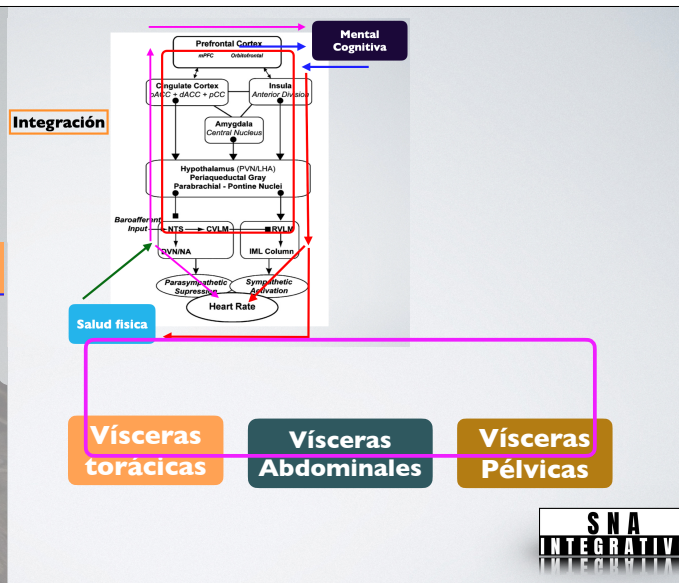


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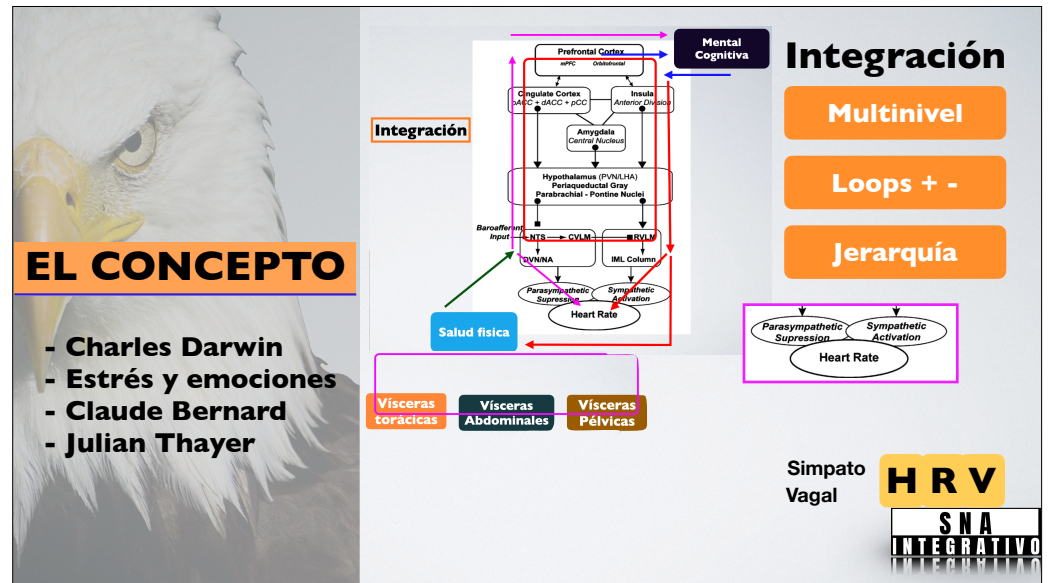
EL CONCEPTO

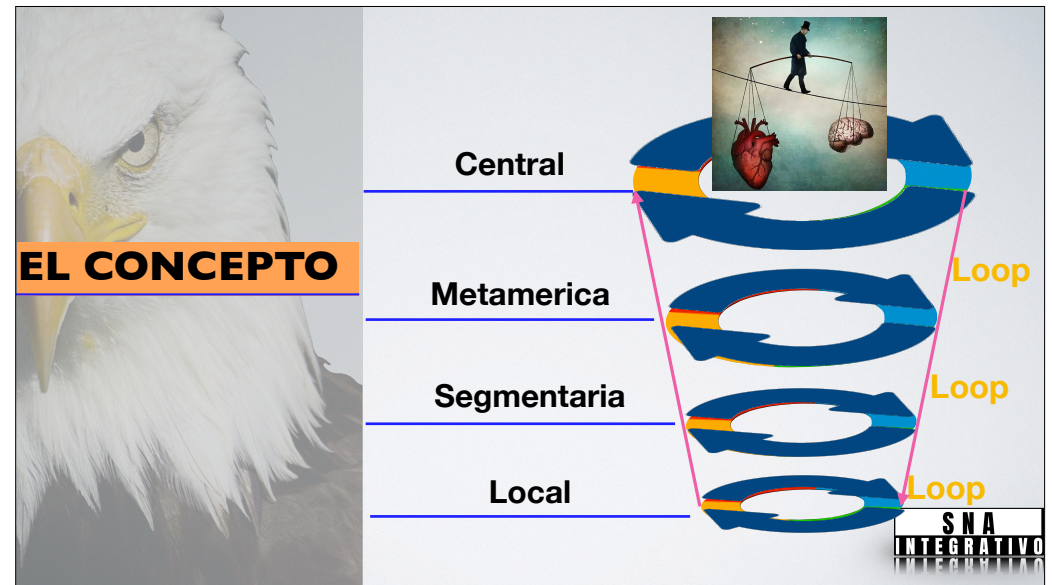
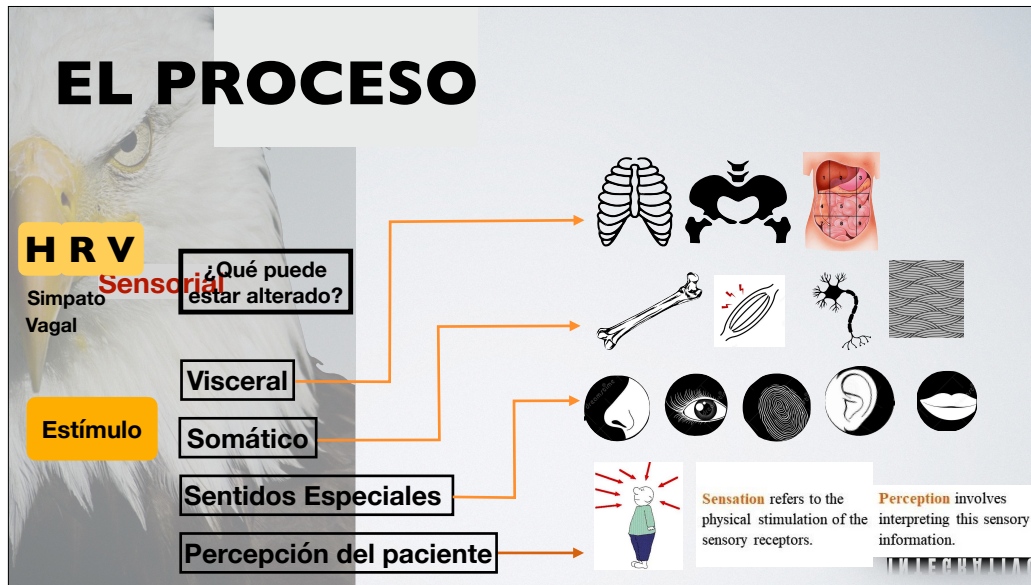
- Charles Darwin
- Estrés y emociones
- Claude Bernard
- Julian Thayer



EL CONCEPTO

- Charles Darwin
- Estrés y emociones
- Claude Bernard
- Julian Thayer





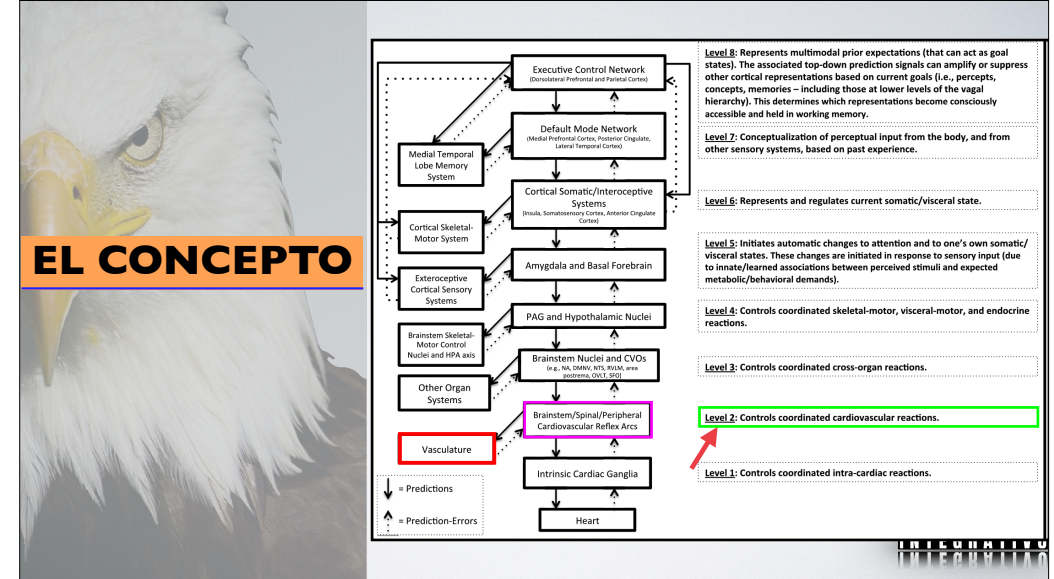
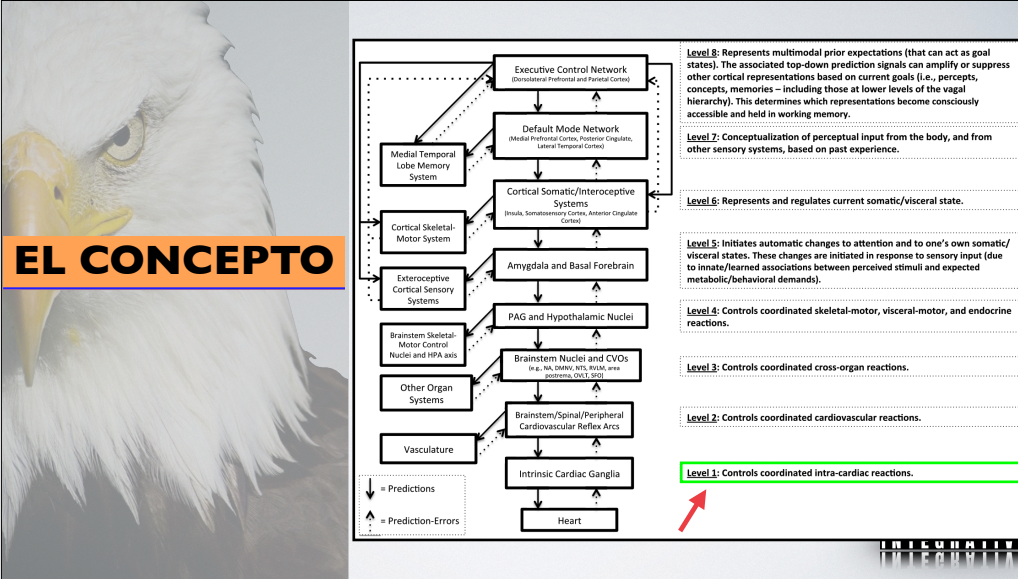
A close-up photograph of a bald eagle's head, showing its white feathers, yellow beak, and yellow eye. The eagle is looking slightly to the left. Overlaid on the image is a black rectangular box with the text "EL CONCEPTO" in white, bold, sans-serif capital letters. The box is positioned horizontally across the middle of the image, partially obscuring the eagle's face.

EL CONCEPTO



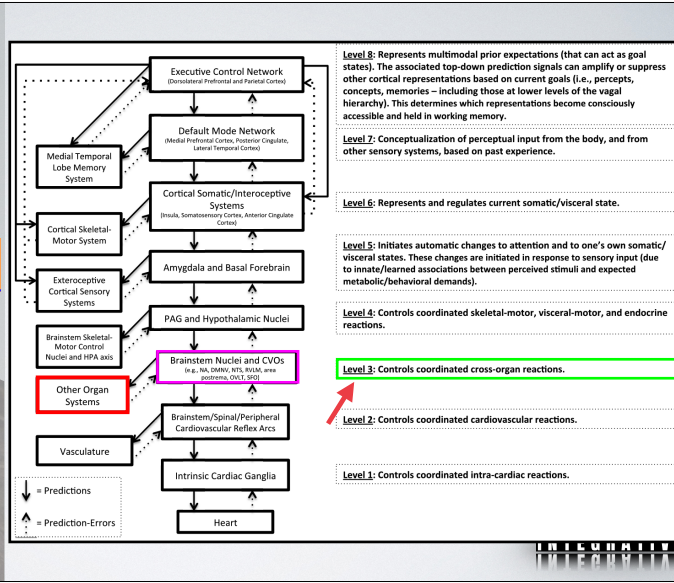


EL CONCEPTO

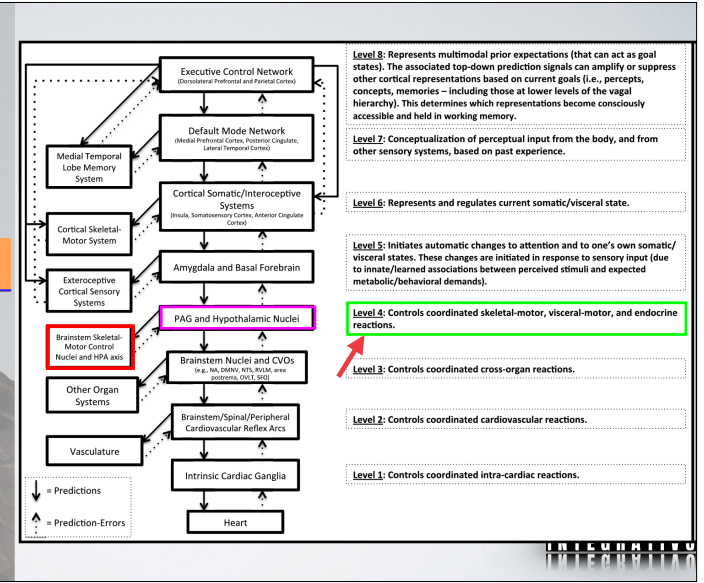




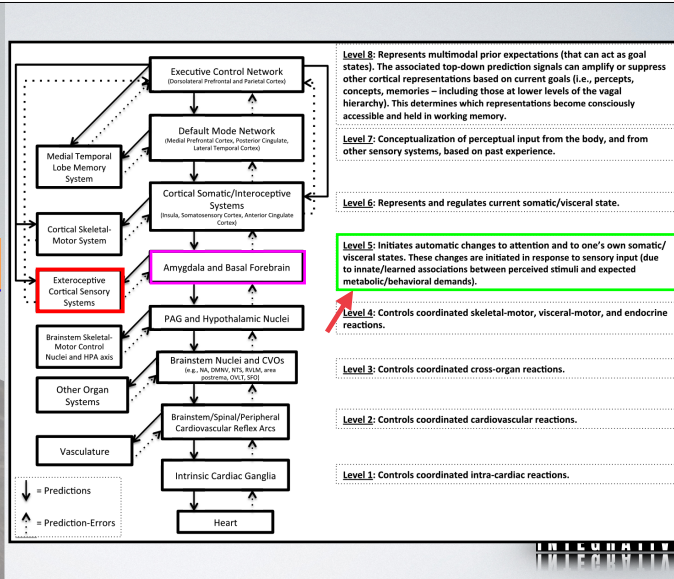
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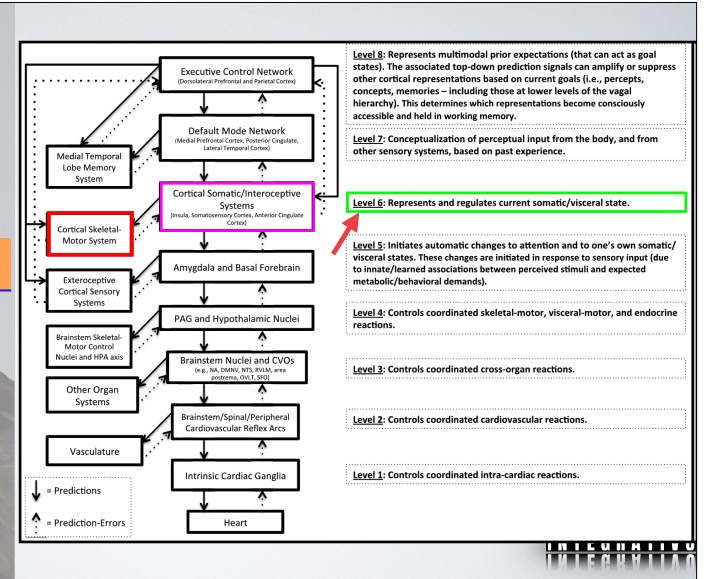
EL CONCEPTO



EL CONCEPTO

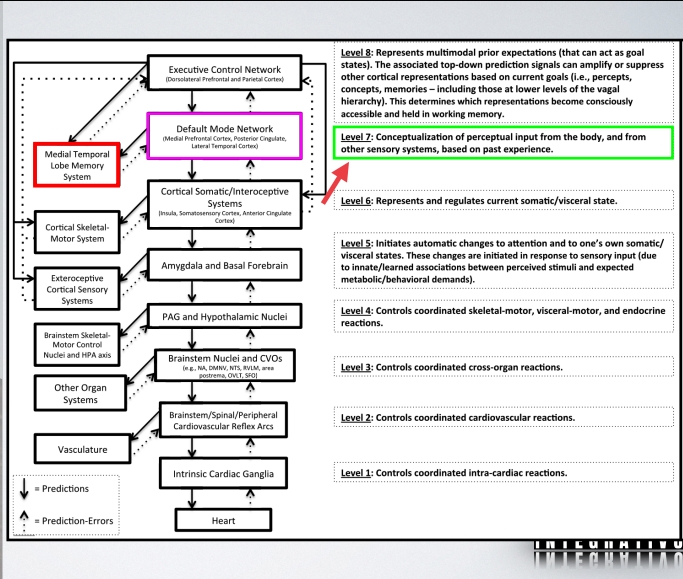


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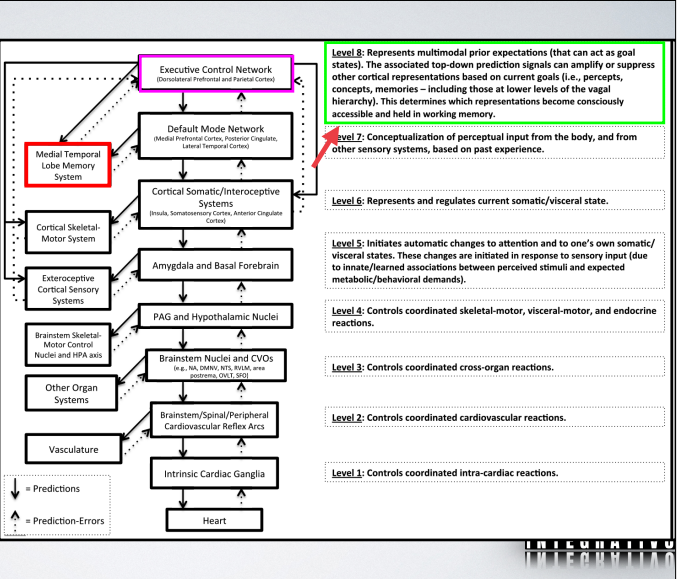


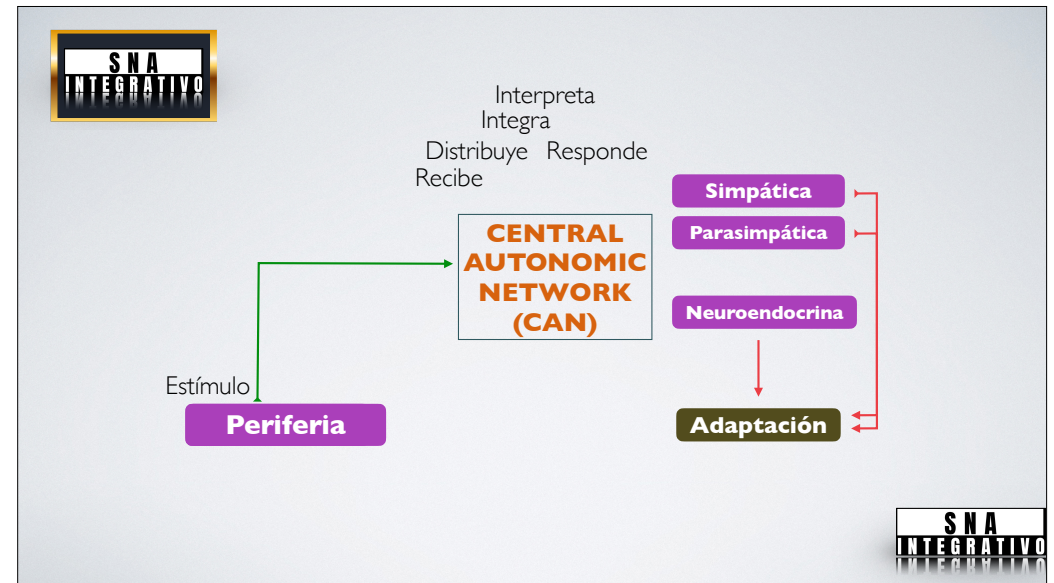
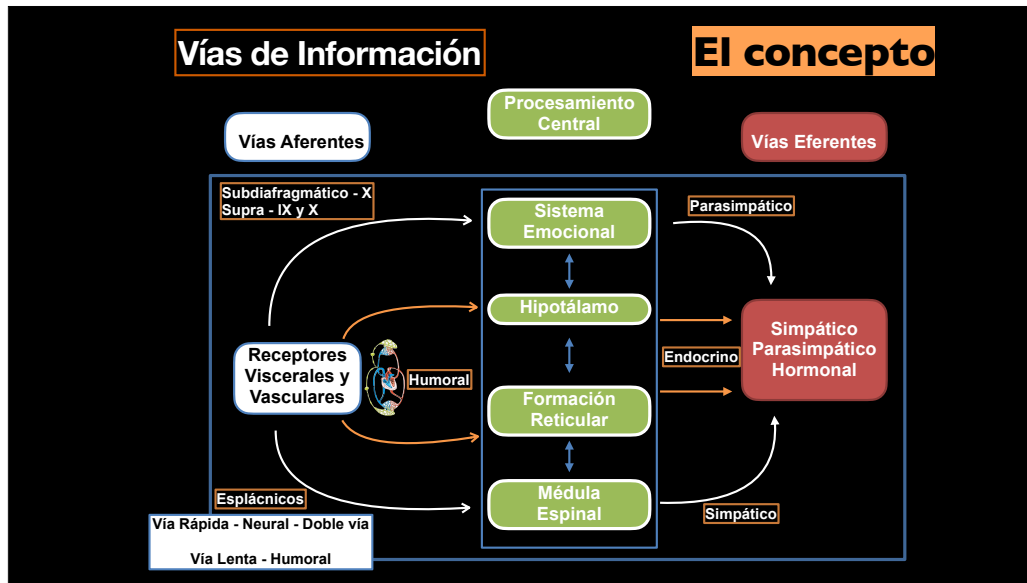


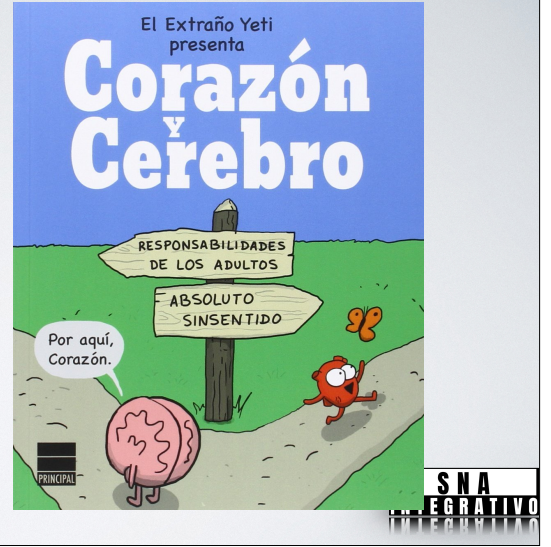
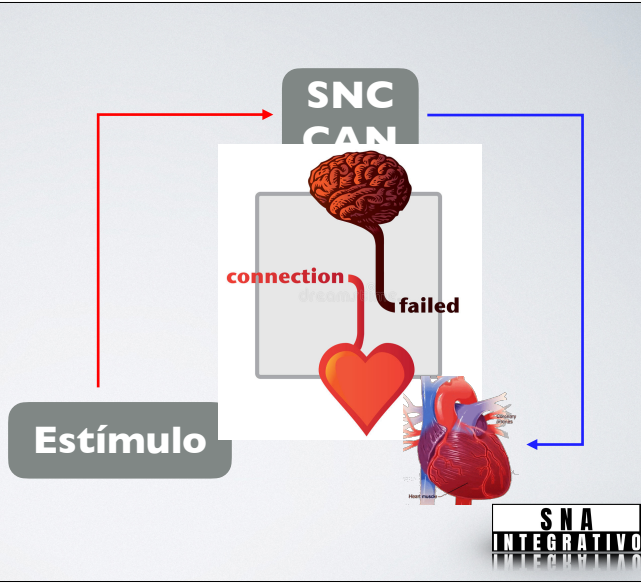
EL CONCEPTO



EL CONCEPTO









EL CONCEPTO

**YOU CANNOT
SOLVE A PROBLEM
WITH THE SAME MIND
THAT CREATED IT**
@POSITIVE_HABITS | INSTAGRAM

POSITIVE
HABITS

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Int J Environ Res Public Health. 2018 Mar; 15(3): 464.
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PMCID: PMC5877009
PMID: 29518937

Generalized Unsafety Theory of Stress: Unsafe Environments and Conditions, and the Default Stress Response

Exposed to events that never happen: Generalized unsafety, the default stress response, and prolonged autonomic activity

Jos F Brosschot ¹, Bart Verkuil ², Julian F Thayer ³

Clinical Trial > Psychosom Med. Jan-Feb 2004;66(1):56-62.
doi: 10.1097/01.psy.0000106884.58744.09.

Acute stress affects heart rate variability during sleep

Martica Hall ¹, Raymond Vasko, Daniel Buysse, Hernando Ombao, Qingxia Chen, J David Cashmere, David Kupfer, Julian F Thayer

> J Psychosom Res. 2010 Aug;69(2):151-9. doi: 10.1016/j.jpsychores.2010.03.004.
Epub 2010 Apr 10.

The fruits of ones labor: Effort-reward imbalance but not job strain is related to heart rate variability across the day in 35-44-year-old workers

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CLINICAL PRACTICE

Heart rate variability
A sensitive parameter for detecting abnormal cardiocirculatory changes during a stressful dental procedure

Decreased heart rate variability correlates to increased cardiovascular risk

Alexander K. Schuster ^{a,b}, Joachim E. Fischer ^a, Julian F. Thayer ^c, Daniel Mauss ^a, Marc N. Jarczok ^{a,*}

^a Mannheim Institute of Public Health, Social and Preventive Medicine, Medical Faculty Mannheim, University of Heidelberg, Germany
^b Department of Ophthalmology, Mainz University Medical Center, Mainz, Germany
^c Department of Psychology, The Ohio State University, OH, USA

Relation of High Heart Rate Variability to Healthy Longevity

Usman Zulfqar, MD^{a,c}, Donald A. Jurivich, DO^a, Weihua Gao, PhD^d, and Donald H. Singer, MD^{b,c,*}

American Pain Society

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Potential Autonomic Risk Factors for Chronic TMD: Descriptive Data and Empirically Identified Domains from the OPFERA Case-Control Study

frontiers in Medicine

PERSPECTIVE
published: 06 February 2019
doi: 10.3389/fmed.2019.00013

Heart Rate Variability in Dental Science

A
ATIVO

**“Encontraremos un camino,
y si no, lo crearemos.”**

