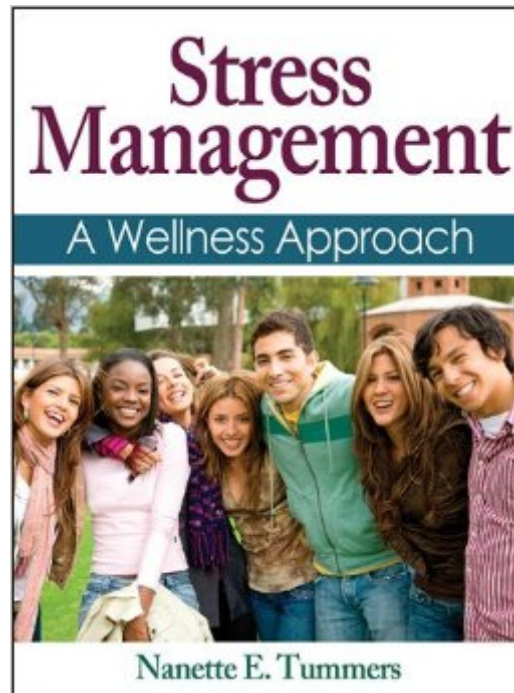


The book was found

Stress Management: A Wellness Approach



Synopsis

Stress is an unavoidable part of our everyday lives—and some of it can be good. But a lot of stress is unhealthy, and most of us don't know how to handle it. Ignoring or mishandling unhealthy stress has all sorts of negative consequences. That's why *Stress Management: A Wellness Approach* is such a valuable resource. This student-friendly guide identifies stressors in six dimensions of life—physical, emotional, intellectual, social, spiritual, and environmental—and presents tested tools that students can use in managing that stress in healthy ways. This text offers these features:

- Questions that promote critical and reflective thinking in journal entries and discussions as students look to creatively solve problems
- Experiential activities that encourage students to practice stress management techniques

Author Nanette Tummers presents stress management from a holistic viewpoint. She considers not only the symptoms of stress but also the challenges students face in their physical, emotional, intellectual, social, financial, cultural, and spiritual circumstances. *Stress Management* draws heavily from leading research and best practices from experts in the field of positive psychology, such as Seligman (flourishing), Benson (relaxation response), and Kabat-Zinn (mindfulness). The material cultivates students' strengths rather than pointing out their weaknesses. The book includes sidebars describing resources (books and websites) that instructors and students alike can use in further exploration of issues in stress management. *Stress Management* helps college students manage stress in today's fast-paced, ever-changing climate: social, culture, politics, economics, technology, and media. It explores key issues of stress and stress management and offers evidence-based research and practical tools that students can use in coping with changes and stress in healthy and positive ways now and throughout their lives. v

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Customer Reviews

Great book, learned a lot! There's a lot we don't know or pay attention when it comes to stress management" this is a book that you can use for your everyday life

Very much

love it

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Stress Management: A Wellness Approach Holistic Relaxation: Erase Anxiety!: Effective Natural Therapies, Stress Management Techniques, Holistic Remedies and Wellness Coaching for Busy People (Anxiety, Mindfulness, Yoga, Relaxation Book 1) The Daily Note Planner For Busy People: Make Use Of Your Time Effectively With This Easy To Follow Note Planning Guide (Note Taking, Time Management, Management ... Management For Dummies, Stress Reduction) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain (Yale University Press Health & Wellness) The Healing Power of Reiki: A Modern Master's Approach to Emotional, Spiritual & Physical Wellness Practical Home Care Medicine: A Natural Approach (Panacea Wellness Guide) Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder In Those Who Treat The Traumatized (Psychosocial Stress Series) Trypophobia: Real, Terrifying and you defenetely have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed) Bath Bombs: 47 Magnificent Organic Non-Toxic Bath Bomb Recipes For Stress Relief, Detoxification, Dry Skin And Longevity! (Bath Bombs, Stress Relief, Bath Bombs Recipes) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) Why Zebras Don't Get Ulcers: An Updated Guide to Stress, Stress Related Diseases, and

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