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Second Edition



Brian Luke Seaward

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Managing Stress During Times of Pandemic: A Primer Brian Luke Seaward, 2021-04-21 A great addition to any personal health and wellness course as well as for use as a stand alone resource *Essentials of Managing Stress During Times of Pandemic* provides a concise and practical guide to stress management tips and techniques It begins by uncovering what stress is the psychology of stress and how it affects the body before delving into effective coping skills The guide then walks through stress relief techniques including nutrition and physical exercise recommendations and closes with ten tips for staying grounded The included case studies illustrate how these approaches can be applied in practice Managing Stress

Brian Seaward, 2011-08-24 This journal allows students to identify common causes of stress in their lives and develop skills to manage them Writing in this journal for a period of weeks or months and then reading over the passages will help students sort through personal social or even global issues This journal is the perfect companion to any stress management course or workshop **Managing Stress: Principles and Strategies for Health and Well-Being** Brian Luke Seaward, 2011-07-22

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Managing Stress: Principles and Strategies for Health and Well-Being (W/ CD) + Art of Peace and Relaxation Workbook Pkg Brian Luke Seaward,2011-08-01 Managing Stress Principles and Strategies for Health and Well Being Managing Stress Seventh Edition provides a comprehensive approach to stress management honoring the integration balance and harmony of mind body spirit and emotions The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity Referred to as the authority on stress management by students and professionals this book gives students the tools needed to identify and manage stress while teaching them how to strive for health and balance Art of Peace and Relaxation Workbook This workbook contains over 130 exercises in the form of surveys questionnaires inventories and journal entries to help students make some or all of these stress reducing skills part of their daily routine and achieve balance

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