
- Abstract**

• *Journal of the American Medical Association*, 2000; 284: 1039-1044.

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© 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 101–108

- **Stress** is the body's response to any demand or challenge.
- **Stressors** are the external factors that cause stress.
- **Stress response** is the body's reaction to stressors.
- **Stress management** is the process of controlling or reducing the impact of stressors.
- **Stress management techniques** include:
 - Relaxation techniques (e.g. deep breathing, progressive muscle relaxation)
 - Time management
 - Exercise
 - Healthy diet
 - Adequate sleep
 - Social support
 - Cognitive restructuring
 - Problem-solving

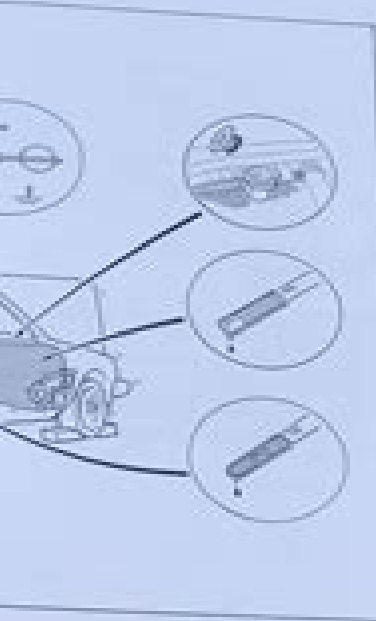


FIG. 10. — Preliminary effects of small opening flange.

Ford Xd Workshop Manual

Richard Bailey



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