# Essentials of Managing Stress

Fourth Edition

**Brian Luke Seaward** 



NAVIGATE COMPANION WEBSITE

# **Essentials Of Managing Stress**

**Deborah Plummer** 

# **Essentials Of Managing Stress:**

Essentials of Managing Stress W/CD Brian Seaward,2011-08-24 Identify stress prone behaviours and make effective changes that promote optimal wellbeing Essentials of Managing Stress Brian Luke Seaward,2019-08-21 Written for the one term or shorter course Essentials of Managing Stress Fifth Edition teaches practical skills and techniques to handle the daily stressors in life As one of the fastest growing health crises worldwide award winning author Brian Luke Seaward explores stress management from a holistic framework involving all aspects of mind body spirit and emotions Using simple down to earth concepts the text uncovers both the theory and effective application of stress management techniques and various aspects of personal wellness The integrated workbook includes numerous exercises in each chapter which urge students to assess their personal stressors and overall wellness All workbook exercises are also included on the Navigate Student Companion Site as writable PDFs The Navigate Student Companion Site also includes audio introductions by Br

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