

Comprehensive Stress Management

FIFTEENTH EDITION

JERROLD S. GREENBERG



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Jerrold S. Greenberg, Dr.



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spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress especially chronic stress usually for the purpose of improving everyday functioning In this context the term stress refers only to a stress with significant negative consequences or distress in the terminology advocated by Hans Selye rather than what he calls eustress a stress whose consequences are helpful or otherwise positive Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors These can include physical health decline as well as depression The process of stress management is named as one of the keys to a happy and successful life in modern society Although life provides numerous demands that can prove difficult to handle stress management provides a number of ways to manage anxiety and maintain overall well being Despite stress often being thought of as a subjective experience levels of stress are readily measurable using various physiological tests similar to those used in polygraphs Many practical stress management techniques are available some for use by health professionals and others for self help which may help an individual reduce their levels of stress provide positive feelings of control over one's life and promote general well being *Comprehensive Stress Management + Online Learning Center Bind-in Card* Jerrold Greenberg, 2006-11-30 **Studyguide for Comprehensive Stress Management by Jerrold Greenberg, ISBN Cram101 Textbook Reviews, 2015-10-02** Never HIGHLIGHT a Book Again Includes all testable terms concepts persons places and events Cram101 Just the FACTS101 studyguides gives all of the outlines highlights and quizzes for your textbook with optional online comprehensive practice tests Only Cram101 is Textbook Specific Accompanies 9780073529721 This item is printed on demand

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