



Stress Management: A Wellness Approach

Nanette E. Tummers

Download now

[Click here](#) if your download doesn't start automatically

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.

Download and Read Free Online Stress Management: A Wellness Approach Nanette E. Tummers

From reader reviews:

Merideth Davis:

The book Stress Management: A Wellness Approach make one feel enjoy for your spare time. You need to use to make your capable far more increase. Book can being your best friend when you getting strain or having big problem along with your subject. If you can make studying a book Stress Management: A Wellness Approach being your habit, you can get much more advantages, like add your own capable, increase your knowledge about several or all subjects. You can know everything if you like open and read a reserve Stress Management: A Wellness Approach. Kinds of book are a lot of. It means that, science book or encyclopedia or others. So , how do you think about this guide?

Ronald Adams:

The knowledge that you get from Stress Management: A Wellness Approach may be the more deep you looking the information that hide within the words the more you get considering reading it. It does not mean that this book is hard to be aware of but Stress Management: A Wellness Approach giving you enjoyment feeling of reading. The writer conveys their point in particular way that can be understood by means of anyone who read this because the author of this book is well-known enough. This book also makes your current vocabulary increase well. That makes it easy to understand then can go with you, both in printed or e-book style are available. We propose you for having this particular Stress Management: A Wellness Approach instantly.

Victor Loy:

The publication untitled Stress Management: A Wellness Approach is the reserve that recommended to you to read. You can see the quality of the e-book content that will be shown to you. The language that author use to explained their way of doing something is easily to understand. The author was did a lot of research when write the book, to ensure the information that they share for you is absolutely accurate. You also could possibly get the e-book of Stress Management: A Wellness Approach from the publisher to make you much more enjoy free time.

William Marsh:

Is it a person who having spare time after that spend it whole day by watching television programs or just resting on the bed? Do you need something totally new? This Stress Management: A Wellness Approach can be the response, oh how comes? The new book you know. You are thus out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these publications have than the others?

Download and Read Online Stress Management: A Wellness Approach Nanette E. Tummers #WAQZRUFNLB8

Read Stress Management: A Wellness Approach by Nanette E. Tummers for online ebook

Stress Management: A Wellness Approach by Nanette E. Tummers Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Stress Management: A Wellness Approach by Nanette E. Tummers books to read online.

Online Stress Management: A Wellness Approach by Nanette E. Tummers ebook PDF download

Stress Management: A Wellness Approach by Nanette E. Tummers Doc

Stress Management: A Wellness Approach by Nanette E. Tummers Mobipocket

Stress Management: A Wellness Approach by Nanette E. Tummers EPub