

Practical Stress Management: A Comprehensive Workbook for Managing Change and Promoting Health (5th Edition)

By John A. Romas, Manoj Sharma

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Key Benefit:
Practical Stress Management **is a focused, personal, worksheet-based book that combines theory and principles with hands-on exercises to help readers manage the negative impact of stress in their lives. The Fifth Edition has been revised to include pre-test and post-test assessment to focus a broad range of topics and to rate readers' personal stress level and stress coping skills. As a practical tool for recognizing and preventing stress, the action-oriented approach enables readers to make personal change through self-reflection and behavior change techniques.**

The workbook emphasizes a positive approach to stress management, covering topics such as relaxation techniques, coping with anxiety, managing anger, communication skills, and exercise and nutrition. In this edition, the authors cover financial stress and expand their section on alcohol, smoking, and drug abuse to include information on binge drinking. Worksheets and Thoughts for Reflection boxes help readers determine their own levels of stress and apply effective stress management techniques.
Key Topics:
Understanding Stress, Enhancing Awareness About Managing Stress, Relaxation, Effective Communication, Managing Anger and Resolving Conflicts, Coping with Anxiety, Eating Behaviors for Healthy Lifestyles, Regular Physical Activity and Exercise, Efficient Time Management, Implementing a Stress Reduction Plan
Market: Intended for those interested in learning the basics of stress management

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Robert Bell:

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