



Stress Management

Nanette E. Tummers

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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.

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