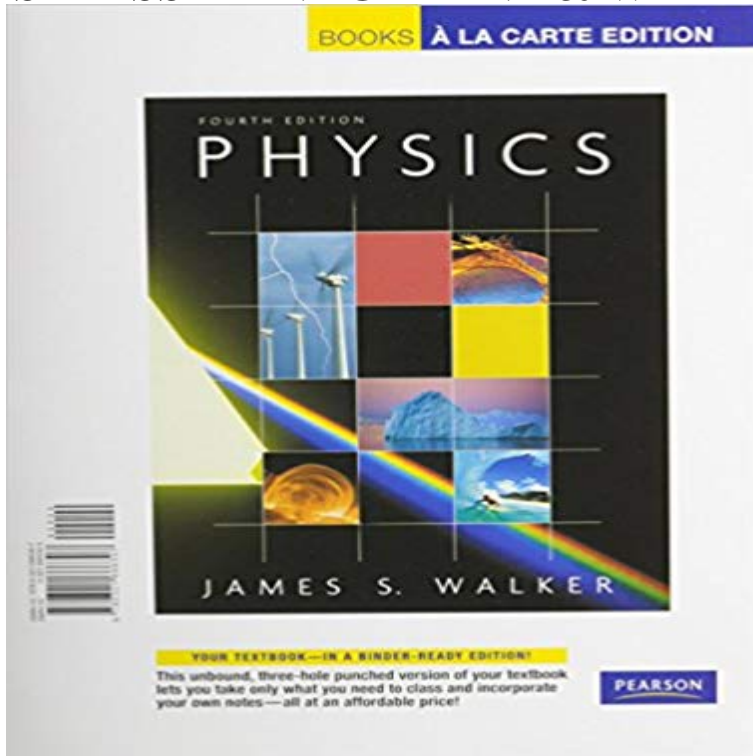


# STRESS MANAGEMENT & WELLNESS 2E



Describes the causes of stress and stress-related illnesses, and outlines methods of managing stress through self-talk, proper exercise and nutrition, relaxation, and social support mechanisms.

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