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Chapters 11 through 15 will help you with your stressful thoughts and feelings Chapter 16 assists you in managing your time more effectively so that you can free up time to relax and do more of what is most important to you From chapter 17 you can learn to communicate more assertively and chapter 18 gives you many options to deal with environmental and interpersonal stress at work Chapters 19 and 20 teach the basics of nutrition and exercise Chapter 21 gives you some suggestions on how to increase motivation deal with problems that come up along the way and stick to your plan Stress and tension are present in your life every day Stress management and relaxation can be effective only if you make them a daily part of your lifestyle As you are learning the skills in this book that are pertinent to you practice them repeatedly to ensure that you will be able to carry them out anytime you need to without having to refer to written materials Regular conscious practice can lead to habits of regular relaxation and stress reduction at an unconscious level The Relaxation & Stress Reduction Workbook Martha Breathing Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay, 2008-05-03 Drawn from The Davis.1998 Relaxation Stress Reduction Workbook these downloadable Essentials give you instant digital access to easy step by step techniques for calming the body and mind This Essential will teach you to release tension relax your body and mind and The Relaxation and Stress Reduction Workbook for Kids Lawrence E. Shapiro, Robin K. Sprague, 2009 55 reduce stress activities to help your family reduce stress fear worry become more confident relaxed resilient manage difficult emotions

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