

# STRESS RELIEF EBOOK BUNDLE



# Ebook Stress Relief

**Michael Hoelscher**



## **Ebook Stress Relief:**

*Stress Management for Life: A Research-Based Experiential Approach* Michael Olpin, Margie Hesson, 2015-01-01 Clearly explaining the how to of stress management and prevention STRESS MANAGEMENT FOR LIFE 4th Edition emphasizes experiential learning and encourages students to personalize text information through practical applications and a tool box of stress reducing resources including activities and online stress relief audio files Michael Olpin and Margie Hesson offer more than just a book about stress they offer students a life changing experience Well researched and engaging the Fourth Edition empowers students to experience personal wellness by understanding and managing stress gives stress related topics a real life context and motivates students to manage stress in a way that accommodates their lifestyle values and goals Important Notice Media content referenced within the product description or the product text may not be available in the ebook version

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and chronic emotional and physical fallout that results from trauma whether caused by the events of 9/11 or the loss of a loved one. She emphasizes that the process is the same for any type of disaster and spells out what she calls the sequence of recovery after disaster: knowing what to do and what feelings to expect and when. Most important, Stress Relief includes more than 80 specific prescriptions to help you help yourself and others from day one to year one and beyond.

**Occupational Therapy with Older Adults - E-Book** Helene Lohman, Amy L. Shaffer, Patricia J. Watford, 2022-11-18. Gain the focused foundation needed to successfully work with older adults. *Occupational Therapy with Older Adults: Strategies for the OTA*, 5th Edition is the only comprehensive book on occupational therapy with older adults designed specifically for the occupational therapy assistant. It provides in-depth coverage of each aspect of geriatric practice from wellness and prevention to managing chronic conditions. Expert authors Helene Lohman, Amy Shaffer, and Patricia Watford offer an unmatched discussion of diverse populations and the latest on geriatric policies and procedures in this fast-growing area of practice. **UNIQUE** Focused coverage emphasizes the importance of the role of an OTA in providing care for older adults. **UNIQUE** Coverage of diverse populations including cultural and gender diversity prepares OTAs to work with older adults using cultural sensitivity. **UNIQUE** Critical topic discussions examine concepts such as telehealth, wellness, and health literacy. **Interdisciplinary approach** highlights the importance of collaboration between the OT and the OTA, specifically demonstrating how an OTA should work with an OT in caring for older adults. **Case studies** at the end of chapters help to prepare for situations encountered in practice. **NEW** An ebook version is included with print purchase and allows access to all the text, figures, and references with the ability to search, customize content, make notes and highlights, and have content read aloud. **NEW** Evidence Nuggets sections highlight the latest research to inform practice. **NEW** Tech Talk feature in many chapters examines the latest technology resources. **Revised** content throughout provides the most current information needed to be an effective practitioner. **Updated** references ensure the content is current and applicable for today's practice. *20 MINUTES TO MASTER ... STRESS MANAGEMENT* Vera Peiffer, 2013-03-14. Stress can damage your personal and professional life, creating anger, a lack of concentration, and nervous behavior. The key to overcoming it isn't suppressing your stress; it's understanding it. With this book, you can learn how to identify the symptoms and causes of stress and how to use that knowledge to rise above it in just 20 minutes.

**The Stress Management Sourcebook** J. Barton Cunningham, 2000-10-22. It's no secret that there is a near epidemic of stress and stress-related diseases in the United States. Here, with the cure, is *The Stress Management Sourcebook*. Filled with useful stress assessment tests and practical, holistic stress reduction techniques, this second edition will enable readers to tame the dragon of stress in their daily lives.

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