

Managing stress: principles and strategies for health and wellbeing / Brian Luke Seaward

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Abstrak

Stress is a popular topic in American culture today. Its popularity stems from the need to get a handle on this condition; to deal with stress effectively enough so as to lead a normal and happy life. But dealing with stress is a process, not an outcome. Many people's attitudes, influenced by their rushed lifestyles and expectations of immediate gratification, reflect the need to eradicate stress rather than to manage, reduce, or control their perceptions of it. As a result, stress never really goes away; it just reappears with a new face. The results can and do cause harm, even bodily damage. Studies now indicate that between 70 and 80 percent of all disease is strongly related to stress. So-called lifestyle diseases, for example, coronary heart disease and cancer, are leading causes of death; both seem to have direct links to the stress response. As the United States enters the 21st century, and with health care reform having become a major national issue, the ability of and the need for individuals to accept responsibility for their own health is increasing. But knowledge of the concepts of stress management alone is not enough. Continual application of this knowledge through both self-awareness and the practice of effective coping skills and relaxation techniques is essential for total wellbeing.

Thus, this book was written to acquaint you with the fundamental theories and applications of the mind-body phenomenon. More specifically, it offers fifteen coping strategies you can use as tools to deal more effectively with the causes of your stress, and eleven relaxation techniques to help you reduce or eliminate potential or actual symptoms associated with the stress response. It is my intention that collectively they may help you to reach and maintain your optimal level of physical, mental, emotional, and spiritual wellbeing in the years to come.