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Previously we looked at a basic model of stress as well as some of the ways stress affects us physically...   http://www.tvpress.com/idn/idn3/lifeout.htm  • • • • [**Stress Management IV**](http://www.tvpress.com/idn/idn4/lifeout.htm)  Howdy, cybersurfers. This is the last of the "canned" columns. From here on out, the plan is to produce columns based on the interactive nature of The Net...   http://www.tvpress.com/idn/idn4/lifeout.htm  • • • [**Questions About Stress And Maybe Even A Few Answers**](http://www.tvpress.com/idn/idn5/lifeout.htm)  Hello out there, cybersurfers. Fortunately a few of you sent in some questions for me to answer...   http://www.tvpress.com/idn/idn5/lifeout.htm  • • • [**Stress**](http://www2.csn.net/~hankb/hank/stress.html)  There are 4 major causes of disease: radiation stress, chemical stress, emotional stress, and nutritional stress. Stress breaks down your body and ages you like few other influences...   http://www2.csn.net/~hankb/hank/stress.html  • • • [**Family and Relationships**](http://helping.apa.org/family/holiday.html)  "The anticipation of the holiday season begins with Christmas decorations going up around Halloween. It is no wonder that people who expect to have the perfect holiday are set up for feeling stressed out over the holidays," said psychologist Dorothy Cantor, Psy.D., a private practitioner in Westfield, N.J., and the current president of the American Psychological Association...   http://helping.apa.org/family/holiday.html  • • • [**Work Stress, Family Stress: Separate But Equal**](http://www.apa.org/releases/workstrs.html)  In dual-earner families, mothers' and fathers' stress is caused more by the separate pressures of their job and family roles than by any conflict that arises from the demands of having both job and home responsibilities (i.e., job-family interference)...   http://www.apa.org/releases/workstrs.html  • • [**Are You A Reluctant Relaxer?**](http://www.fitnesslink.com/mind/relaxer.htm)  Why is it that, during this season of joy and goodwill, we can feel more burned out than the candies at the end of our Christmas dinner?...   http://www.fitnesslink.com/mind/relaxer.htm  • • [**Healthy Diet Helps To Reduce Stress**](http://www.fitnesslink.com/mind/diet.htm)  Stress is the body's response to the demands that we put upon it on a daily basis...   http://www.fitnesslink.com/mind/diet.htm  • • [**Humor: an Antidote for Stress**](http://www.mother.com/JestHome/ANTI-STRESS.HTML)  Humor is a quality of perception that enables us to experience joy even when faced with adversity...   http://www.mother.com/JestHome/ANTI-STRESS.HTML  • [**Snooze or Lose**](http://www.fitnesslink.com/mind/sleep.htm)  It takes you forever to fall asleep because you can't stop thinking of everything you have to do the next day...   http://www.fitnesslink.com/mind/sleep.htm  • [**Making Time**](http://www.fitnesslink.com/mind/time.htm)  Too much to do in too little time: the most common complaint in stress management seminars...   http://www.fitnesslink.com/mind/time.htm   |  |  |  |  | | --- | --- | --- | --- | | [**[PUSD Home]**](http://www.pleasanton.k12.ca.us/) | [**[Project Creekwatch]**](http://www.pleasanton.k12.ca.us/avh_science/creek/creek.html) | [**[AVHS Home]**](http://www.pleasanton.k12.ca.us/amador/index.htm) | [**[Biology Home]**](http://www.pleasanton.k12.ca.us/avh_science/biology.html) | | | |
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