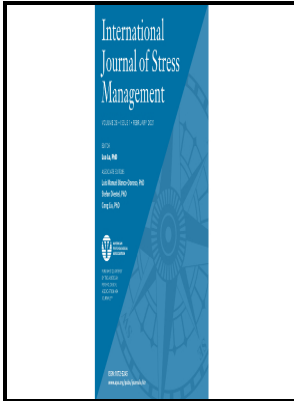


Stress management - from basic science to better practice

SAGE Publications - Stress Management



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Stress Management: From Basic Science to Better Practice

Let go of anger and resentments. But you have a lot more control than you might think.

Stress Management

This simple strategy can help you keep things in perspective. It may also help you to keep your mind from wandering. The first step is to get yourself up and moving.

Stress Management: From Basic Science to Better Practice

A 2011 study suggests that buying new clothes can lift your mood.

Stress Management: From Basic Science to Better Practice

Research suggests that feeling happy may even prevent disease, Fredrickson BL, et al. If you have something particularly unpleasant or stressful to do, get it over with early.

Stress Management

Stress wreaks havoc on your emotional equilibrium, as well as your physical health. How does fiction reading influence empathy? When you ask someone to change their behavior, be willing to do the same. Happy creativity: Listening to happy music facilitates divergent thinking.

STRESS MANAGEMENT FROM BASIC SCIENCE TO BETTER PRACTICE

Nurturing yourself is a necessity, not a luxury. Since self-care is a highly individual practice.

Take Care of Yourself: 25 Science

Linden makes a good case for how his approach can shed some light onto this important topic.

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