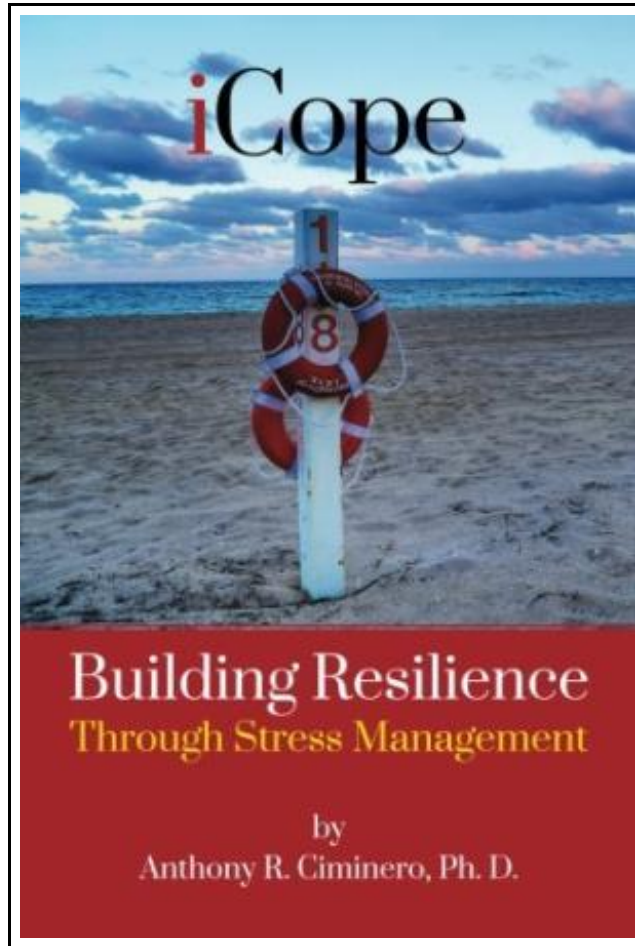


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.iCope presents an efficient yet comprehensive approach for anyone who wants to learn positive coping skills to manage stress and build resilience. Because stress is linked to the leading causes of death (e.g., heart disease, cancer, accidents, suicide, and cirrhosis of the liver), there are major health reasons to learn to cope with stress more effectively. The methods described in this book are all based on scientific principles established over the past several decades. This book describes what to do on a day-to-day basis to manage stress as well as what steps will improve your overall resilience to any health risks caused by chronic stress. iCope includes self-assessment devices, worksheets, Sidebars on relevant topics, and free internet access to valuable additional resources. This edition also reviews some of the special challenges that Millennials currently face in early adulthood. The book teaches: The four core skills needed to manage stress and build resilience How to improve self-awareness and find your effective stress zone which can improve your performance at work and in high pressure situations Various methods to relax physically and mentally Cognitive restructuring techniques like those used in Cognitive Behavior Therapy (CBT) as a psychological defense against stress Creative problem-solving skills to deal with certain stressful situations to prevent any feelings of helplessness Specific steps to achieve physical, emotional, and social resilience from the impact of any negative stress on your life Recommendations for assertiveness and anger management especially in significant relationships Key strategies to improve self-esteem and confidence as a major resilience factor How to cope with major life events or trauma when stress can be overwhelming.



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