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Info on healthcare professionals with training in specific areas. Links to info on physicians and other specialty doctors. Also includes links to info on other health professionals like physician assistants. Offers tips on preparing for appointments.

Medical Specialists | Cigna

Positive and Negative Coping Skills. People react differently to stressful situations. Following is a list of what would be considered "positive" responses.

Positive and Negative Coping Skills - McGraw Hill Education

Covers what happens when you are stressed and what you can do about stress. Guides you through how to figure out your stress level. Looks at ways you can reduce stress. Includes ways to relieve stress, such as exercising, writing, and expressing feelings.

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