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Titolo	Strictly stress [[electronic resource]] : effective stress management : a series of 12 sessions for high school students // Tina Rae
Pubbl/distr/stampa	Bristol, : Lucky Duck, c2001
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Descrizione fisica	1 online resource (135 p.)
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Cover; Contents; Introduction and Background; The Structure of the Programme; Introductory Session; Session 1; Session 2; Session 3; Session 4; Session 5; Session 6; Session 7; Session 8; Session 9; Session 10; Course Review; References
Sommario/riassunto	This book is specifically aimed at students who appear to be experiencing unacceptable levels of stress in their lives and who require support in order to understand, acknowledge and cope with specific stressors/sources of stress.