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Nota di contenuto	About the Author; Contents at a Glance; Table of Contents; Introduction; About This Book; Conventions Used in This Book; What You're Not to Read; Foolish Assumptions; How This Book Is Organized; Icons Used in This Book; Where to Go from Here; Part I: Getting Started with Stress Management; Chapter 1: Stressed Out? Welcome to the Club!; Experiencing a Stress Epidemic?; Understanding Where All This Stress Is Coming From; Looking at the Signs and Symptoms of Stress; Understanding How Stress Can Make You Sick; Stressing Out Your Family; Stress Can Be Good? Chapter 2: Stress Explained (In Surprisingly Few Pages)So What Is Stress Anyway?; How This Whole Stress Thing Got Started; Understanding the Signs of Stress; Understanding Stress Is as Simple as ABC; Managing Stress: A Three-Pronged Approach; Tuning Your Strings: Finding the Right Balance; Chapter 3: Getting Started: Gathering Your Tools; How Stressed Are You? Finding Ways to Measure Your Stress Level; Monitoring Your Stress with a Stress Journal; Facing Roadblocks; Part II: Mastering the Basics; Chapter 4: Relaxing Your Body; Stress Can Be a Pain in the Neck (And That's Just for Starters) Breathing Away Your TensionTensing Your Way to Relaxation; Mind over Body: Using the Power of Suggestion; Stretching Away Your Stress; Massage? Ah, There's the Rub!; Taking a Three-Minute Energy Burst; More Ways to Relax; Chapter 5: Quieting Your Mind; Where Do All

These Thoughts Come From!?!; Turning Off Your Mind; Distracting Yourself; Using Your Imagination; Making Things Move; What, Me Worry?; Do Nothing: Meditation Is Good for You; Hypnotize Yourself; Want Some Feedback? Go the High-Tech Route; Chapter 6: Cultivating Mindfulness; Understanding Mindfulness; Recognizing Mindlessness Understanding How Mindfulness Can Help Reduce Your StressDeveloping the Skills of Mindfulness; Cultivating Mindful Acceptance; Chapter 7: Stress-Reducing Organizational Skills; Figuring Out Why Your Life Is So Disorganized; Clearing Away the Clutter; Organizing Your Space; Organizing Information; Keeping Your Life Organized; Chapter 8: Finding More Time; Determining Whether You Struggle with Time Management; Being Mindful of Your Time; Becoming a List Maker; Minimizing your Distractions and Interruptions; Getting around Psychological Roadblocks to Time Management Letting Go: Discovering the Joys of DelegatingBuying Time; Chapter 9: Eating, Exercising, and Getting Your Zzzs; Stress-Effective Eating; Stress-Reducing Exercise and Activity; Getting a Good Night's Sleep; Part III: The Secrets of Stress-Effective Thinking; Chapter 10: Understanding How Your Thinking Stresses You Out; Believe It or Not, Most of Your Stress Is Self-Created; Remembering Your ABCs; Separating Thoughts from Feelings; Understanding Your Stress-Producing Thinking; Your Thinking Errors; Using Your Coping Self-talk; Chapter 11: Stress-Resilient Values, Goals, and Attitudes Recognizing the Value of Your Values

Sommario/riassunto

Tired of letting stress have a negative impact on your life? Easy. It's impossible to get through life without encountering stress. And unfortunately, most of us learn the incorrect ways to cope with it. Thankfully, *Stress Management For Dummies* gives you trusted, time-tested guidance on teaching your body and mind to properly cope with stress while keeping your sanity intact. Whether it's love, work, family, or something else that has you in the red zone, this updated edition of *Stress Management For Dummies* will help you identify the stress triggers in your life and cut them down to size -
