

1. Record Nr.	UNINA9910557641303321
Autore	Taylor Alyx
Titolo	Stress and Health : Understanding the Effects and Examining Interventions
Pubbl/distr/stampa	Basel, Switzerland, : MDPI - Multidisciplinary Digital Publishing Institute, 2021
Descrizione fisica	1 online resource (108 p.)
Soggetti	Humanities Social interaction
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	Acute stressful experiences or high levels of chronic stress are risk factors for mental and physical disorders. Insights into the effects of posttraumatic stress disorder and other stress-related disorders experienced by war veterans, refugees, and immigrants are presented. This volume also presents examinations of the pathological effects of stress that may disrupt the normal relationships between individuals and their families. The health of individuals and their children may be enhanced by interventions to help them manage the effects of stressful life experiences and environments. Innovative and effective interventions are examined and their applications are recommended.