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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
ISBN	1-283-88029-6 1-4462-6571-4
Descrizione fisica	1 online resource (134 p.) : ill
Collana	Lucky Duck Books
Disciplina	373.1713
Soggetti	Stress management - Study and teaching (Secondary) - Great Britain Stress management - Study and teaching (Secondary) - Activity programs - Great Britain High school students - Mental health High school students - Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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.