

1. Record Nr.	UNINA9910810307703321
Autore	Lebrun Marcel <1957->
Titolo	Surviving school stress : strategies for well-being in today's complex world // Marcel Lebrun and Eric Mann
Pubbl/distr/stampa	Lanham, Maryland : , : Rowman & Littlefield Publishers, , 2016 ©2016
ISBN	1-4758-2048-8
Descrizione fisica	1 online resource (175 pages)
Disciplina	371.7/13
Soggetti	Students - Mental health School mental health services Stress in children - Treatment Well-being
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Types of stress: definitions and understandings -- Anxiety disorders -- Trauma -- Mental health issues and stress -- Anger management -- Interventions and classroom strategies -- Personal journeys.