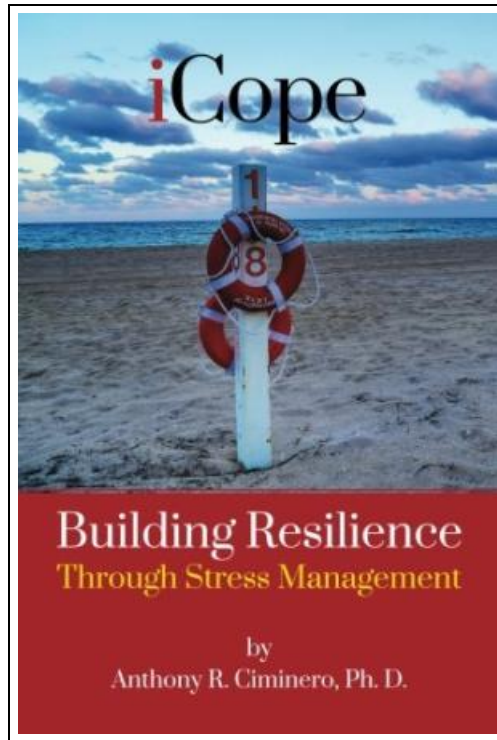


Icope: Building Resilience Through Stress Management



Filesize: 8.78 MB

Reviews

The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think.

(Tomas Witting)

ICOPE: BUILDING RESILIENCE THROUGH STRESS MANAGEMENT



To get **Icope: Building Resilience Through Stress Management** PDF, make sure you follow the link listed below and save the ebook or have accessibility to additional information which are in conjunction with ICOPE: BUILDING RESILIENCE THROUGH STRESS MANAGEMENT book.

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.iCope presents an efficient yet comprehensive approach for anyone who wants to learn positive coping skills to manage stress and build resilience. Because stress is linked to the leading causes of death (e.g., heart disease, cancer, accidents, suicide, and cirrhosis of the liver), there are major health reasons to learn to cope with stress more effectively. The methods described in this book are all based on scientific principles established over the past several decades. This book describes what to do on a day-to-day basis to manage stress as well as what steps will improve your overall resilience to any health risks caused by chronic stress. iCope includes self-assessment devices, worksheets, Sidebars on relevant topics, and free internet access to valuable additional resources. This edition also reviews some of the special challenges that Millennials currently face in early adulthood. The book teaches: The four core skills needed to manage stress and build resilience How to improve self-awareness and find your effective stress zone which can improve your performance at work and in high pressure situations Various methods to relax physically and mentally Cognitive restructuring techniques like those used in Cognitive Behavior Therapy (CBT) as a psychological defense against stress Creative problem-solving skills to deal with certain stressful situations to prevent any feelings of helplessness Specific steps to achieve physical, emotional, and social resilience from the impact of any negative stress on your life Recommendations for assertiveness and anger management especially in significant relationships Key strategies to improve self-esteem and confidence as a major resilience factor How to cope with major life events or trauma when stress can be overwhelming.



[Read Icope: Building Resilience Through Stress Management Online](#)



[Download PDF Icope: Building Resilience Through Stress Management](#)



[Download ePub Icope: Building Resilience Through Stress Management](#)

Relevant Books



[PDF] Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Access the link beneath to get "Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook" file.

[Read Document](#)

»



[PDF] To Thine Own Self

Access the link beneath to get "To Thine Own Self" file.

[Read Document](#)

»



[PDF] How to Make a Free Website for Kids

Access the link beneath to get "How to Make a Free Website for Kids" file.

[Read Document](#)

»



[PDF] Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online

Access the link beneath to get "Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online" file.

[Read Document](#)

»



[PDF] History of the Town of Sutton Massachusetts from 1704 to 1876

Access the link beneath to get "History of the Town of Sutton Massachusetts from 1704 to 1876" file.

[Read Document](#)

»



[PDF] No Friends?: How to Make Friends Fast and Keep Them

Access the link beneath to get "No Friends?: How to Make Friends Fast and Keep Them" file.

[Read Document](#)

»



[PDF] Online Investigations: Snapchat

Follow the link under to read "Online Investigations: Snapchat" file.

[Read ePub](#)

»



[PDF] The Talking Beasts (Dodo Press)

Follow the link under to read "The Talking Beasts (Dodo Press)" file.

[Read ePub](#)

»



[PDF] Ladies-In-Waiting (Dodo Press)

Follow the link under to read "Ladies-In-Waiting (Dodo Press)" file.

[Read ePub](#)

»



[PDF] The Clever Detective Boxed Set (a Fairy Tale Romance): Stories 1, 2 and 3

Follow the link under to read "The Clever Detective Boxed Set (a Fairy Tale Romance): Stories 1, 2 and 3" file.

[Read ePub](#)

»



[PDF] Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12

Follow the link under to read "Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12" file.

[Read ePub](#)

»



[PDF] Chicken Licken - Read it Yourself with Ladybird: Level 2

Follow the link under to read "Chicken Licken - Read it Yourself with Ladybird: Level 2" file.

[Read ePub](#)

»