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Fri, 23 Feb 2018 20:58:00 GMT - Tip 2: Practice the 4 A's of stress management. While stress is an automatic response from your nervous system, some stressors arise at predictable timesâ€”your commute to work, a meeting with your boss, or family gatherings, for example.

Stress Management: Using Self-Help Techniques for Dealing ... -

Wed, 01 Aug 2018 09:14:00 GMT - What is Stress Management? A definition. Put simply â€“ stress management is a â€œset of techniques and programs intended to help people deal more effectively with stress in their lives by analysing the specific stressors and taking positive actions to minimize their effects.â€