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## RRH Library Newsletter, May 2014

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## Rochester General Hospital Edition

**MAY 2014**



### Managing Stress

Stress is a normal psychological and physiological reaction to the many demands in life. Chronic stress is one of the leading causative factors of illness in general and absenteeism from work. Workplace stress within health care settings is rampant and predicted to significantly increase in coming years.

Untreated chronic stress can result in serious health conditions including anxiety, insomnia, high blood pressure, cardiovascular disease, and a compromised immune system that can lead to many serious illnesses. Some of the ways to combat stress include exercising, meditating, incorporating mindfulness, listening to music, having a sense of humor, eating a balanced diet, and having social support.

If you would like copies of any of these articles, or if you would like additional information on this or any topic, please contact any Werner Medical Library team member.

Daubenmier JJ, et al. (2007). The contribution of changes in diet, exercise, and stress management to changes in coronary risk in women and men in the multisite cardiac lifestyle intervention program. *Annals of Behavioral Medicine*, 33(1):57-68.

Fjorback LO, et al. (2011). Mindfulness-based stress reduction and mindfulness-based cognitive therapy: a systematic review of randomized controlled trials. *Acta Psychiatrica Scandinavica*, 124(2):102-19.

Hartfiel N, et al. (2012). Yoga for reducing perceived stress and back pain at work. *Occupational Medicine (Oxford)*, 62(8):606-12.

Hoge EA, et al. (2013). Randomized controlled trial of mindfulness meditation for generalized anxiety disorder: effects on anxiety and stress reactivity. *Journal of Clinical Psychiatry*, 74(8):786-92.

Howard S & Hughes BM. (2012). Benefit of social support for resilience-building is contingent on social context: examining cardiovascular adaptation to recurrent stress in women. *Anxiety, Stress, & Coping*, 25(4):411-23.

Kiecolt-Glaser JK. (2010). Stress, food, and inflammation: psychoneuroimmunology and nutrition at the cutting edge. *Psychosomatic Medicine*, 72(4):365-9.

Milani RV & Lavie CJ. (2009). Reducing psychosocial stress: a novel mechanism of improving survival from exercise training. *American Journal of Medicine*, 122(10):931-8.

Prasad K, et al. (2011). Effect of a single-session meditation training to reduce stress and improve quality of life among health care professionals: a "dose-ranging" feasibility study. *Alternative Therapies in Health & Medicine*, 17(3):46-9.

Scheve AM. (2004). Music therapy, wellness, and stress reduction. *Advances in Experimental Medicine & Biology*, 546:253-63.

Singh Y, Sharma R & Talwar A. (2012). Immediate and long-term effects of meditation on acute stress reactivity, cognitive functions, and intelligence. *Alternative Therapies in Health & Medicine*, 18(6):46-53.

Young AY. (2013). Humor 101: smiling through the stress and meaning it. *Imprint*, 60(3):31-3.

Zeller JM & Levin PF. (2013). Mindfulness interventions to reduce stress among nursing personnel: an occupational health perspective. *Workplace Health & Safety*, 61(2):85-9; quiz 90.

*Bibliography compiled by Lana Rudy, M.A., M.L.S.*

### Important News Medical Library Renovations

The Werner Medical Library will be closing for renovations on May 31 for 5 weeks. During this time, you can still request literature searches and articles by using the forms on our [website](http://www.rochestergeneral.org) or by emailing [wellness@rochestergeneral.org](mailto:wellness@rochestergeneral.org). The Library will undergo renovations to make space for Patient Library reading materials and services. Once reopened, the Library will accept donations of patient reading materials and resume cart service to the patient floors. We will keep you updated as the project progresses; however, if you have any questions please contact Elizabeth Mamo at 922-2403 or [elizabeth.mamo@rochestergeneral.org](mailto:elizabeth.mamo@rochestergeneral.org).

### STAT!Ref Bookshelf

The following titles have recently been added to our STAT!Ref book collection:

- Core Curriculum for Infusion Nursing
- Kaplan and Sadock's Synopsis of Psychiatry: Behavioral Sciences/ Clinical Psychiatry
- Lippincott's Manual of Nursing Practice
- Washington Manual® of Medical Therapeutics
- Wills Eye Manual: Office and Emergency Room Diagnosis and Treatment of Eye Disease

Look for STAT!Ref in the Resources A-Z list on our library [webpage](http://www.rochestergeneral.org) or download the app for use on mobile devices.

### Werner Medical Library

**585-922-4743 Voice**

**585-544-1504 Fax**

<http://wernerlibrary.org/>

### Patient Education Information

**922-WELL (922-9355)**

<http://wernerlibrary.org/wellness>

### Library Hours

**Mon - Fri 8:00 AM – 9:00 PM**

**Sat 8:30 AM – 5:00 PM**

**Sun 12:00 PM – 5:00 PM**

### Library Catalog

<http://tinyurl.com/RGHSLibCat>

