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Rochester General Hospital Edition

August 2010



STRESS MANAGEMENT

Stress is a normal physical and psychological reaction to the demands of life. Unfortunately, with today's nonstop stress of modern life filled with economic stressors and unknowns for the future we find ourselves living in a nonstop state of stress. Without stress management our body is always on "alert," and over time chronic or prolonged stress leads to serious problems. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any Library Team member.

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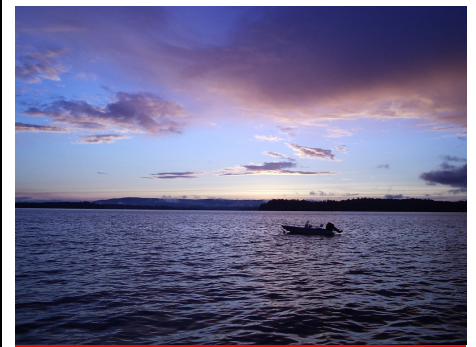
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