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Rochester General Hospital Edition

February 2009

CONFLICT RESOLUTION



We are surrounded by conflict. It exists to some extent in every aspect of our lives. Whether at work or at home we are confronted with conflict which often leads to stress, diminished productivity and even illness. There are ways in which we can manage or cope with conflict in an effective and positive manner. Though not pleasant, conflict is inevitable and is a natural process. It

can bring about increased understanding, awareness and positive growth. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any library staff member.

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Chocolate *may* help by releasing more serotonin, resulting in greater alertness and happiness.

HAPPY VALENTINES DAY