RRH Library Newsletter, October 2009

Libraries at Rochester Regional Health

Follow this and additional works at: https://scholar.rochesterregional.org/rrhpubs

Part of the Health Sciences and Medical Librarianship Commons

Recommended Citation

This Newsletter is brought to you for free and open access by RocScholar. It has been accepted for inclusion in Rochester Regional Health authored publications and proceedings by an authorized administrator of RocScholar. For more information, please contact Lisa.Buda@rochesterregional.org.
## STRESS MANAGEMENT

According to a 2008 survey done by the American Psychological Association one-third of Americans are living with extreme stress and half of all Americans believe that their stress has increased over the past five years. Stress is having a great impact on overall health, on all types of interpersonal relationships and on lost productivity at work. Money and work continue as the leading causes of stress for most Americans. Some behaviors used to manage stress include exercise, meditation, biofeedback, listening to music, reading, spending time with family and friends, and prayer. 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.


