



Stress Less: Make Stress Work for You Not Against You

Averil Overton

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Understand your stress triggers and develop resilience and mindfulness so you can cope well. An excellent overview of what stress is and what causes it, including the thoughts and feelings that generate stress, the things we do when we are stressed, and the red alerts for stress at work. The author, a psychologist who specialises in this field, describes how we can use stress to our advantage - the message of distress means that something needs to change. She describes the role of our reactions to potentially stressful situations, where our reactions come from, and things that influence our reactions. Includes practical advice on getting rid of stress, taking control of your life and coping with stress at work. How to prevent stress, how to build stress resistance by taking agency in our lives, life balance and self care, and everyday relaxation techniques. With a focus on the miracle of mindfulness, this book will help you keep on keeping on.

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