

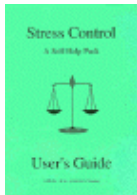


Stress Bingo For Teens

29.04.001

Nancy Anne Discoll

A favorite, familiar, fun game with a therapeutic touch! Teach the basics of stress management with 16 laminated, large bingo cards that review five important stress areas: external issues, internal stressors, physical stress symptoms, emotional/behavioral stress symptoms, and stress relievers. Use the five sets of "Calling Cards" to review and personalize how these factors affect individual stress management styles. Process the session with the reproducible, laminated "How to Minimize Stress" handout afterwards. Game includes: 16 laminated bingo cards (8-1/4" x 10-1/4"), five sets of "Calling Cards" (15 each, totaling 60), facilitator's instruction sheet, bingo chips, and "How to Minimize Stress" handout.



Stress Control

29.05.001

I. Mills

Written by a qualified practitioner, this pack is based on sound theoretical and clinical knowledge. The relaxation technique has shown to be effective in reducing stress through deep relaxation and an everyday coping-strategy. Once the skill is acquired, it can be used in everyday situations e.g. waiting in queues, before an exam or interview. The User's Guide describes the stress response, the Causes of Stress, Signs of Stress, and Self-assessment Tests.



Teenagers Under Stress

29.05.002

Most parents have fears and worries about the pressures on young people today. "Teenagers under Stress" is about real people coping with real problems. What's around the corner for your teenager? Is she being offered drugs? Are his friends leading him astray? The voices you will hear on tape are real people talking about real experiences. Dr John Coleman, a well know expert on adolescence, introduces the tape and covers all the topics in more detail in the booklet. "Teenagers under Stress" aims to give a wider understanding of common problems and provides an opportunity to hear how others have coped with new and difficult situations.



Stress Thermometer

29.07.001

Dr Tim Lowenstein

The Stress Thermometer gives you a specific number value for stress levels that can be compared over time to check improvement and for degrees of reactions to different stressful events. Watch your temperature plummet 10 degrees by just thinking about your bossy mother. Be amazed as it surges 6 degrees when you talk about your great vacation in Bali. Super tool for therapists to see true feelings and thoughts.

Alternative Methods (6)

29.11.006

This video examines individual recognition & responsibility for stress. Bio-dynamic massage is demonstrated & explained. More traditional coping mechanisms are explored - use of alcohol and food and what is sensible, and when to recognise that other strategies may be more appropriate.

Children & Stress (3)

29.11.003

This video shows examples of stressors in children such as moving house, going into hospital, and the inability to cope school are explained. Coping mechanisms such as relaxation and how to achieve relaxation in different situations is shown. Children are also identified as stressors.

Less Stress

29.11.008

This video dramatised typical stressful episodes to: teach what stress is and what may cause it; shows how stress can be helpful and harmful; and suggests how to deal with problems that cause stress. (Includes discussion notes).

Stress: Case Studies

29.11.009

What is Stress? What causes it? How can it be identified or avoided? - an introduction to Stress Management. Video Case Studies provide a cross section of problems to enable the material to be tailored to individual needs. Support Material - copyright free A4 sheets containing information, exercises and an Action Plan.

Understanding Stresses And Strains

29.11.007

Walt Disney

This Walt Disney cartoon depicts the triangle of health and the flight or fight response. Good explanation of how short and long term biological responses to stress affect health. Also on DVD.

Beating Stress At Work

29.13.001

Anne Woodham

Just some of the questions examined by this book include "What is stress?" "What causes it?" "What helps?" It examines both stress at work & home and is an easy publication to access for specific areas relating to stress which stand independently.

Cafe

29.13.007

Julie Hurst

This practical book can help you put you in the driving seat of your life, both at work and at home. It is a simple process based on the real world of work and offers practical solutions to the demands of the modern office. Consists of four simple steps: Categorising, allocating, filing and executing which allow you to bring your work under your control, reducing stress and improving your performance & your life. It really is as simple as it sounds.



Helping Young People To Combat Stress

29.13.010

Sarah McNamara

Helping Young People to Beat Stress is the essential guide to helping teenagers minimise stress in their lives, both at school and at home. Sarah McNamara provides advice, information and techniques on mental and physical ways of coping with stress, study skills and time management, communication skills, and coping with depression and anxiety. This book is invaluable reading for everyone who works with teenagers.

How To Cope With Stress

29.13.003

Dr Peter Tyrer

A very readable book that allows identification of personality types and their potential reactions to stress. By understanding our reactions we can use stress to our advantage and avoid unnecessary mental and physical ill health.

Staying Sane

29.13.008

Tanya Arroba and Lesley Bell

There is no doubt that providing care to people in their own homes can be very rewarding work - and at the same time very demanding. The demands on the carer are many and can become overwhelming if not managed. The aim of this book is to increase the positive rewards associated with caring and demystify the topic of stress. This book will:~ Increase awareness and understanding of stress~ Encourage awareness of the importance of dealing with stress as a carer.~ Identify and explore the pressures and demands involving in caring.~ Outline approaches for maintaining mental and emotional balance as a carer. Complete with case studies and checklists, this book will help and support all carers in developing a clear strategy towards dealing positively with stress and staying sane.

Stress

29.13.006

Editor: Craig Donnellan

Information gathered from a wide variety of sources to stimulate debate. Looks at young people and stress, stress in the workplace and ways of coping with stress. Offers a useful starting-point for those who need convenient access to information about the many issues involved. Contains a list of organisations you may want to contact for further information. Includes photocopiable study guide.

Stress: Tackling It With Teenagers

29.13.009

Adrienne Katz

Want to know more about stress and teenagers? The difference between boys and girls and ways to tackle it.

The Good Stress Guide

29.13.002

Mary Hartley

A practical book giving many exercises to identify personal stress levels and responses to situations, both personal and professional. Gives ways of dealing with people and changing lifestyles to cope with stress.

The Which? Guide To Managing Stress

29.13.005

Mark Greener

This new self-help book explains the difference between good stress and bad stress and shows how experiences such as divorce, redundancy and bereavement can cause stress in any- one, including the very young and the very old. By means of a quiz the guide enables you to assess your own stress levels, and majors on helping you to plan your own strategies for countering stress overload.



Working With Anger And Young People

29.13.011

Nick Luxmoore

"Working with Anger and Young People" warns against 'quick fix' solutions to dealing with anger in young people, and draws on the author's experiences of youth counselling and training workshops to propose helpful interventions for addressing anger effectively and moving on from it. Nick Luxmoore considers the common reasons for young people's anger during a difficult stage of their development. Tried-and-tested exercises and talking points to help work through common counterproductive responses to anger such as antisocial behaviour and physical or verbal violence are offered. He also recognises the needs of those working with these young

people with anger problems and provides advice on working safely, maintaining control and achieving jobsatisfaction.

Young People Under Stress: A Parent's Guide

29.13.004

Sally Burningham

A helpful book explaining many of the stresses and mental health problems that young people may experience. It explores sources of help and support for both teenagers and parents.

Fighting Invisible Tigers

29.15.009

Earl Hipp

Designed to provide reassurance to young people that they are not alone in feeling overwhelmed, frustrated and inadequate by the stresses and challenges of life. 'Fighting Invisible Tigers' highlights strategies for coping. It contains twelve flexible step by step sessions designed to increase confidence, develop assertive skills, take risks, make decisions, stay healthy, deal with fear and build relationships. Includes 24 photocopiable handout and overhead masters. This pack contains a teacher manual and separate student guide.

First Lessons In Coping With Stress

29.15.011

Anthony Murphy

This audio CD and detailed set of Support Notes provide the basis for a series of sessions on stress management techniques to help people deal with the ever-increasing pressures in their lives - examinations, workload, relationships etc., There are two relaxation sequences on the CD backed up with well-structured notes and activity sheets.

Meeting The Stress Challenge

29.15.007

Neil Thompson, Michael Murphy and Steven Stradling

This successful and practical resource is a resource from which you can copy the exercises, handouts, checklists and OHPs. This resource gives an overview of how to understand pressure and stress at work, and practical guidelines on how the problems and 'myths' can be challenged by organisations, teams and individuals. Work stress is costly, and potentially debilitating, but it can also be alleviated. Emphasis is given to the special stress conditions in social care organisations, developing mechanisms for identifying and dealing with stress and also stress management training.

Positive Stress At Work

29.15.005

Margaret Sills and Ann Aris

This pack has been designed to enable individuals and organisations to recognise both the Constructive and Destructive potential of stress and to develop the knowledge, skills and attitudes to handle stress at work effectively. The materials have been produced primarily for use in the workplace. Positive Stress At Work provides a suggested structure for a positive approach to the delivery of stress at work training as well as raising the issues around stress from an organisational perspective. Positive Stress At Work offers a flexible approach which takes into account the constraints which face employers and helps to cater for a variety of workplace needs. The Positive Stress At Work materials are in three sections: 1. Organisational Issues 2. Organisational Stress 3. Personal Stress

Stress At Work

29.15.003

R J Wycherley

This teaching pack is designed for group work and provides all materials you need to run a one or two-day training course. The course looks at the likely causes and consequences of stress in the workplace and explores potential remedies. Many of the exercises are carried out in small groups, where participants are encouraged to share their own experiences, and learn from these discussions.

Stress Management Programme For Secondary School Students

29.15.010

Sarah McNamara

Stress Management for Secondary School Students is a resource pack to help young people learn skills that will enable them to handle the challenging situations they may face now or in the future. It includes many practical exercises on photocopiable worksheets. Contains the following:~ Introduction to stress and coping~ Mental ways of coping with stress~ Physical ways of coping with stress~ Study skills and time management ~ communication and interpersonal skills~ Treating yourself rightIncludes photocopiable worksheets and follow-up activities.

Stress: "life's Hassles"

29.15.004

Marilyn Harvey

In recent years those in the mental health field have come to realise that stress can be a positive stimulator for action as well as a major cause of physical, psychological and behaviour problems - for both young people investigate the different stresses affecting their lives and ways they can positively and constructively manage this stress. This resource bank provides activities that will enable you to help young people explore some of the feelings, health problems and behaviours associated with stress and ways in which they might deal with their feelings positively and constructively manage their stress.

Stressfacts

29.15.001

Dr Gerald Beals

A photocopiable resource to work with young people on recognising inappropriate ways of coping and acquiring healthy, enjoyable skills to deal with stress.

Strictly Stress

29.15.008

Tina Rae

This programme is specifically aimed at students who appear to be experiencing unacceptable levels of stress in their lives and require support in order to understand, acknowledge and cope with specific stressors/sources of stress. There are 12 sessions. These include comprehensive teachers notes and photocopiable worksheets for the students. The structure ensures active pupil participation and provides an opportunity to look at both the causes and the effects of stress. With a greater understanding of stress young people are helped to learn and practise better coping strategies.

Survive Stress

29.15.002

Marion Howell & Jane Whitehead, Health Promotion, Cambridge.

Material developed as a result of running stress management courses, can be used for single workshops or longer courses. Includes relaxation techniques as part of the coping strategies.

