

Other Resources

The online resources listed below provide further information on stress and ways to reduce your stress.

To access a specific resource, hold down the “Ctrl” key on your keyboard and then left-click your mouse on the name of the resource you’d like to explore:

1. [MedlinePlus – Stress](#)
2. [MedlinePlus – Managing Stress](#)
3. [National Institute of Mental Health- Fact Sheet on Stress](#)
4. [American Psychological Association- Managing Stress for a Healthy Family](#)
5. [American Psychological Association- The Road to Resilience](#)
6. [Helpguide.org- Stress Main Page](#)
7. [Helpguide.org- Stress Symptoms, Signs and Causes](#)
8. [Helpguide.org- Stress Management](#)
9. [Helpguide.org- Relaxation Techniques for Stress Relief](#)

You can also cut and paste the following web addresses into your browser window to reach the additional resources listed:

1. [MedlinePlus – Stress:](#) <http://www.nlm.nih.gov/medlineplus/stress.html>
2. [MedlinePlus – Managing Stress:](#)
<http://www.nlm.nih.gov/medlineplus/tutorials/managingstress/htm/index.htm>
3. [National Institute of Mental Health- Fact Sheet on Stress:](#)
<http://www.nimh.nih.gov/health/publications/stress/index.shtml>
4. [American Psychological Association- Managing Stress for a Healthy Family:](#)
<http://www.apa.org/helpcenter/managing-stress.aspx>
5. [American Psychological Association- The Road to Resilience:](#) <http://www.apa.org/helpcenter/road-resilience.aspx>

6. [Helpguide.org- Stress Main Page](http://www.helpguide.org/home-pages/stress.htm): <http://www.helpguide.org/home-pages/stress.htm>
7. [Helpguide.org- Stress Symptoms, Signs and Causes](http://www.helpguide.org/articles/stress/stress-symptoms-causes-and-effects.htm):
<http://www.helpguide.org/articles/stress/stress-symptoms-causes-and-effects.htm>
8. [Helpguide.org- Stress Management](http://www.helpguide.org/articles/stress/stress-management.htm): <http://www.helpguide.org/articles/stress/stress-management.htm>
9. [Helpguide.org- Relaxation Techniques for Stress Relief](http://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm):
<http://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>