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:

2. MedlinePlus – Managing Stress:
3. National Institute of Mental Health- Fact Sheet on Stress:
4. American Psychological Association- Managing Stress for a Healthy Family:

7. Helpguide.org- Stress Symptoms, Signs and Causes:


9. Helpguide.org- Relaxation Techniques for Stress Relief:
   http://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm