



Managing Stress
*Principles and Strategies for Health and Well-Being*

Ninth Edition
Transition Guide

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**NEW TO THIS EDITION**

The ninth edition of ***Managing Stress***has been expanded, updated, and revised to include the most accurate and relevant resiliency and stress management information in an organized, engaging manner.

Highlights include:

* **NEW** - Includes **Navigate 2 Advantage Access** with complete eBook, interactive lectures and audio introductions, student practice activities and assessments, a full suite of instructor resources, and learning analytics reporting tools
* **Audio Introductions** – Listen as author Brian Luke Seaward introduces each of the four parts of the *Ninth Edition* in these Audio Introductory Files**:**The Nature of Stress, The Mind and Soul, Coping Strategies, and Relaxation Techniques

Chapter 1: The Nature of Stress

* Social Stress in America: New research by the American Psychological Association as well as the Harvard School of Public Health now highlights the issues of stress and health well beyond the work of Holmes and Raye. Additional studies on stress by NPR and Kaiser Health also point to what they call the burden of stress in America from big life changes to daily hassles.
* Stress and Insomnia have been link for a long time and now his new edition adds a seven ways to improve your sleep hygiene for better sleep.

Chapter 2: The Sociology of Stress

* Techno stress may not be new, but new research highlights the problems with repeated use of screen devices, including the outsourcing of our memory to technology. New terms in the lexicon of technostress includes “digital toxicity” and “digital dementia.” This section highlights a few studies about the dangers of being distracted time and again by our screen devices thus causing more stress.
* The environmental disconnect continues to grow as more news reveals the problems nationwide with our drinking water (e.g. Flint, MI) and the serious climate change flooding precautions which add to one’s stress level.

Chapter 3: The Physiology of Stress

* A Closer Look at Panic Attacks; from physiology to treatment. Many students experience their first panic attack in college and more and more people across the country seem to be experiencing this phenomenon. Often described as the “Stress response on steroids” this section takes the reader through the experience and how to deal with it.

Chapter 4: Stress and Disease

* The Human Microbiome & Stress: The secret life of healthy gut bacteria. New research suggests that understanding the gut is essential to understanding health. With over 70 % of our immune system in the gut, the connections between stress and disease are overwhelming.
* Lyme Disease & Stress: New studies indicate that Lyme disease (and its co-infections) is an emerging national epidemic and the connections to stress are powerful and serious. This section takes a closer look this this debilitating autoimmune disease.
* DNA, Telomeres, Stress and Aging; Nobel prize winning research on the topic of telomeres and stress is now headline news, with implications for health and longevity
* Stress and Inflammation. Inflammation seems to be tied to a great many health issues. This section reveals the connection between stress and inflammation.

Chapter 6: The Stress Emotions

* Fear: Vulnerability and Shame (Brene Brown)- The Stress emotions are complicated, yet researcher Brene Brown has made it a lot less complicated by shedding light on the aspects of vulnerability and how this can perpetuate fear rather than resolve it.
* Happiness: More ways to understand and pursue eustress. Studies on the topic of happiness reveal that we can have a positive effect on our state of mind by the choices we make and the perceptions we hold.

Chapter 10: Healthy Boundaries and Behavior Modification

* Because the term behavior modification sounds boring and because so many issues with stress involve poor boundaries, the title of this chapter was updated to reveal the need to create healthy boundaries.

Chapter 12: Art Therapy

* A small section was added to include the new trend with adult coloring books, now used as an accepted coping technique for stress.

Chapter 13: Humor Therapy

* A small section was added to include the topic of Laughter yoga, a coping technique for stress that combines humor and support groups for a more powerful means to cope with stress.

Chapter 14: Creative Problem Solving

* A small section was added to the obstacles of creativity from best selling author, Elizabeth Gilbert (Eat, Pray, Love) about fear as a destructive role in the creative process. A human feature story (Stress with a Human Face) was added to this chapter to show students that one of their own used the content of this chapter to resolve stress in her life.

Chapter 17: Additional Coping Techniques

* Hawaiian Forgiveness: Ho’oponopono - With so much anger in the world today, learning to resolve it is essential to finding a sense of inner peace. One of the newest takes on coping with stress is the Hawaiian modality of forgiveness called Ho’oponopono.

Chapter 19: Meditation and Mindfulness

* A small section was added about the executive function of the brain and how this compares to the left brain/right brain understanding of consciousness.