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Stress Management Griffin and Clarke's (2010) gave another general overview of stress. First, seven different models of stress were discussed. Demand-Control Model, Role Stress Model, Challenge-Hindrance Model, and Conservation of Resources (COR) Model were already covered in the previous readings.

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The stress of a global pandemic is unavoidable, but it doesn't have to get you down. Here are ways to deal with stress, reduce its harm and even use your daily stress to make you stronger.

How to Be Better at Stress - Well Guides - The New York Times

When you recognize common stress symptoms, you can take steps to manage them.Like we learned in this class stress management could include physical activity, relaxation techniques, meditation, yoga, tai chi, get a massage, and even things like keeping a journal recognizing your stressors and working on them.

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Stress management starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you're constantly worried about work deadlines.

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