

STRUCTURED EXERCISES in STRESS MANAGEMENT

A WHOLE PERSON™ HANDBOOK
FOR TRAINERS, EDUCATORS AND GROUP LEADERS

VOLUME 3

edited by
Nancy Loving Tubesing, EdD
and
Donald A Tubesing, MDiv, PhD



Whole Person Press

Structured Exercises In Stress Management Structured Exercises In Stress Management

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Nancy Loving Tubesing,Donald A. Tubesing,Sandy Stewart Christian,1983 Abstract This four volume set is designed for use by trainers consultants counselors teachers adult education specialists nurses psychologists clergy managers group workers health educators and anyone using the experiential approach to learning The texts include a compilation of the best structured exercises for teaching wellness promotion or stress management with complete instructions

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