## **Health Reference Series**

Fourth Edition

# Stress-Related Disorders SOURCEBOOK

Basic Consumer Health Information about Stress and Stress-Related Disorders, Including Signs, Symptoms, Types and Sources of Acute and Chronic Stress, the Impact of Stress on the Body and Mental Health Problems Associated with Stress, Such as Depression, Anxiety Disorders, Bipolar Disorder, Obsessive-Compulsive Disorder, Substance Abuse, Post-Traumatic Stress Disorder, and Suicide

Along with Tips for Managing Stress, Assistance for Coping with Stress-Related Disorders using Complementary and Alternative Medicine Therapies, a Glossary of Related Terms, and a Directory of Resources for Additional Help and Information

# **Stress Related Disorders Sourcebook**

**Amy L. Sutton** 

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Stress Related Disorders Sourcebook, 6th Ed. James Chambers, 2021-12-01 Provides consumer health information about types of stress and the stress response the physical and mental health effects of stress along with facts about treatment for stress related disorders and stress management techniques for adults and children Stress-related Disorders Sourcebook Amy L. Sutton, 2011 Provides information about the origins and types of stress and its relationship to the development of physical and mental health disorders Stress-related Disorders Sourcebook Amy L. Sutton, 2007 Nearly half of U S adults report concern about the stress in their lives with work and money leading the list of major stressors Stress is sometimes caused by traumatic events such as death divorce or mass disaster but it often develops due to everyday frustrations with career financial difficulties technology or caregiving Stress impacts both physical and mental health by contributing to such problems as sleeplessness reduced immunity diabetes depression and anxiety In severe cases untreated or chronic stress may even lead to substance abuse posttraumatic stress disorder or suicide **Stress-related Disorders Sourcebook** Omnigraphics, 2018 Consumer health information about the physical and mental health effects of stress and trauma related therapies and stress management techniques and coping tips for adults and children Includes index glossary Stress-related Disorders Sourcebook Joyce Brennfleck Shannon, 2002 Basic of related terms and other resources Consumer Health Information about Stress and Stress Related Disorders Including Stress Origins and Signals Environmental Stress at Work and Home Mental and Emotional Stress Associated with Depression Post Traumatic Stress Disorder Panic Disorder Suicide and the Physical Effects of Stress on the Cardiovascular Immune and Nervous Systems Along with Stress Stress-related Disorders Sourcebook Keith Management Techniques a Glossary and a Listing of Additional Resources Jones, 2016 Provides basic consumer health information about the physical and mental health effects of stress and trauma related therapies and stress management techniques and coping tips for adults and children Includes index glossary of related terms and other resources Anxiety Disorders Sourcebook, 2nd Ed. James Chambers, 2020-10-01 Consumer health information about the ways people encounter anxiety and its various types including general anxiety disorder obsessive compulsive disorder post traumatic stress disorder PTSD and panic disorder **Movement Disorders** Sourcebook Amy L. Sutton, 2009 Provides basic consumer health information about diagnosis treatment and management of Parkinson disease and other hypokinetic and hyperkinetic movement disorders along with advice for family members and Eating Disorders Sourcebook Joyce Brennfleck Shannon, 2007 Provides basic consumer health information caregivers about risk factors recovery from and prevention and treatment of various eating disorders Includes index glossary of related terms and other resources Provided by publisher Sleep Disorders Sourcebook Amy L. Sutton, 2005 Provides basic consumer health information about diagnosis treatment and management of various sleep disorders and sleep problems related to disease Includes index glossary of related terms and other resources Provided by publisher *Immune System* 

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