

Contents

Introduction	5
PART ONE: Stress Techniques for Students and Adults	
Chapter 1: Who's Stressed?	7
Chapter 2: Your Stress Profile	11
Chapter 3: Energy Management Audit.....	17
Chapter 4: The 5-Senses Stress Reduction Technique	21
Chapter 5: Belly Breathing.....	25
Chapter 6: Progressive Muscle Relaxation	29
Chapter 7: Dealing with Uncontrollable Circumstances.....	33
Chapter 8: Solution-Focused Guided Imagery	43
Chapter 9: Stress Journal.....	51
Chapter 10: Window of Tolerance	59
Chapter 11: Spending Time in Nature	65
Chapter 12: Stress Interruption.....	67
Chapter 13: Coping Wheels	71
PART TWO: Burnout: Management Techniques for Adults	
Chapter 14: Understanding Burnout	83
Chapter 15: The Work-Life Barrier	89
Chapter 16: Good Enough.....	95
Chapter 17: What Do You Care About?	101
Conclusion	109
Tools Adaptations	110
Notes	111
Other References for Further Review	113
About the Author	116
A Brief Look at Melisa's Workshop Sessions.....	117
Other Books from Dr. Melisa Marsh	118
About NCYI	120

**See page 109 for information about
Downloadable Resources and Templates.**