

Learning to Cope with Stress

Ed Buckner, PhD, and Kirstin McKinley, L.M.H.C., M.Ed.

What is Stress?

There are a lot of definitions out there for stress. One common definition is that stress is the response to any demand that we put on ourselves, and that stress is a state of mind that we have when we are feeling overwhelmed. Another common definition is that stress is the state of mind that we have when we are feeling overwhelmed.

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Daniel F McAuley



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