



Coping with Stress in a Changing World, 5th Edition

Richard Blonna

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Stress doesn't just happen. It is a dynamic process involving you, a potential stressor, and a specific environment and set of circumstances. Coping with Stress in a Changing World will teach you how to manage all three elements of this process. The book uses the very practical, easy-to-learn Five Rs of Coping Model to help you become more stress resistant. The Five Rs?Rethink, Reduce, Relax, Release, and Reorganize?will empower you with a variety of strategies across five different levels of coping. Manage stressors with each strategy or in combination. These strategies alert you to potential stressors before they become full-blown stressors.

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