



## **Stress Management Links:**

**American Heart Association: Stress Management:**

[http://www.heart.org/HEARTORG/HealthyLiving/  
StressManagement/Stress-  
Management UCM 001082 SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp)

**Chronic Stress: The Body Connection:**

[http://www.medicinenet.com/script/main/art.asp?ar  
ticlekey=53737](http://www.medicinenet.com/script/main/art.asp?articlekey=53737)

**Eight Immediate Stress Busters:**

[http://www.medicinenet.com/script/main/art.asp?ar  
ticlekey=59875](http://www.medicinenet.com/script/main/art.asp?articlekey=59875)

**Help Guide: Stress: Understanding Stress, Relaxation Practices, etc....:**

[http://www.helpguide.org/search/mysearch.php?zoo  
m\\_query=stress+management&submit.x=6&submit.y  
=8](http://www.helpguide.org/search/mysearch.php?zoom_query=stress+management&submit.x=6&submit.y=8)

**How Stress Weakens the Immune System:**

[http://stress.about.com/od/understandingstress/u/effects\\_of\\_stress.htm](http://stress.about.com/od/understandingstress/u/effects_of_stress.htm)

**Stress Weakens the Immune System:**

<http://www.apa.org/research/action/immune.aspx>