



Stress and Health

The HSN Human Behavior class has created this resource for graduating seniors and returning students as a way to better understand the relationship between stress & health, and to provide a toolkit on successfully managing stress.

WHAT IS STRESS?

TYPES OF CONFLICT

PESSIMISM VS. OPTIMISM

SOURCES OF STRESS

RESPONSES TO STRESS

EUSTRESS VS. DISTRESS

POST TRAUMA

COPING WITH STRESS