GOAL 38.0 **The Relaxation And Stress Reduction**
Goal 38.1 How You React to stress
Goal 38.2 Body Awareness
Goal 38.3 Progressive Relaxation
Goal 38.4 Breathing
Goal 38.5 Meditation
Goal 38.6 Imagination
Goal 38.7 Self Hypnosis
Goal 38.8 Autogenetic
Goal 38.9 Thought Stopping
Goal 38.10 Refuting Irrational Ideas
Goal 38.11 Coping Skills Training
Goal 38.12 Assertiveness Training
Goal 38.13 Time Management
Goal 38.14 Biofeedback
Goal 38.15 Nutrition
Goal 38.16 Exercise
Goal 38.17 When It Doesn't Come Easy-Getting Unstuck