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