GOAL 50.0 **Stress Management**

**Stress**

Goal 50.1 Definition

Goal 50.2 Effects

**Symptoms**

Goal 50.3 **Physical**

Goal 50.4 Emotional

Goal 50.5 Behavioral

**Causes of stress**

Goal 50.6 Finances

Goal 50.7 Daily hassles

Goal 50.8 Environmental factors

Goal 50.9 Health problems

Goal 50.10 Family

Goal 50.11 Work

Goal 50.12 Keeping a journal

Goal 50.13 Responding to stressors

Goal 50.14 Changing the stress response

Goal 50.15 Mental messages

Goal 50.16 Tips for reducing stress

Goal 50.17 Time management tips

Goal 50.18 Making time for free time

Goal 50.19 Scheduling your time

Goal 50.20 Lifestyles changes

Goal 50.21 Nutrition

Goal 50.22 Relaxation exercises

Goal 50.23 Alcohol and other drugs

Goal 50.24 Sources of help

Goal 50.25 Planning to manage stress

Goal 50.26 Commitment to change