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## How to Master Stress



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### 1. Understanding Stress

- [Introduction to Stress Management](#)
- [Understanding Stress](#)
  - [Survival Stress](#)
  - [Internally Generated Stress](#)
  - [Environmental Stress, Job Stress and Fatigue](#)
- [How to Recognise Stress](#)
- [Optimising Your Levels of Stress](#)
- [Managing Life Crises](#)
- [How stress can get out of control](#)
  - [Exhaustion](#)
  - [Depression](#)
  - [Burn Out](#)
  - [Breakdown](#)

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### 2. Finding Your Best Level of Stress

- [Understanding How Stress Affects You](#)
    - [Keeping a Stress Diary](#)
    - [Making an Action Plan to Beat Stress](#)
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### 3. Stress Management Techniques

- [Raising Stress Levels - Psyching Up](#)
- [Stress Reduction Techniques](#)
  - [Reducing Short-Term Stress - Mental Techniques](#)
    - [Anticipation and Avoidance](#)
    - [Reducing the Importance of an Event](#)
    - [Reducing Uncertainty](#)
    - [Using Imagery to Reduce Stress](#)
    - [Thought Awareness, Rational Thinking and Positive Thinking](#)
    - [Self Hypnosis and Auto-Suggestion](#)
    - [Meditation](#)
  - [Reducing Short-Term Stress - Physical Techniques](#)
    - [Reducing Stress With Exercise](#)
    - [Progressive Muscular Relaxation](#)
    - [Breathing Control](#)
    - [Measuring Stress Reduction with Biofeedback Equipment](#)
  - [Reducing Long-Term Stress](#)
    - [How to Use Your Time to More Effect](#)
    - [Your Attitude, and How It Affects Stress](#)
      - [Keeping Things in Perspective](#)
      - [Staying in Control](#)
      - [Attitudes to Change](#)
      - [Attitudes to Other People](#)
    - [Slowing Down Out of Work](#)
    - [Health, Nutrition and Exercise](#)
  - [How to Make Your Environment Less Stressful](#)

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- [Summary of Stress Management](#)

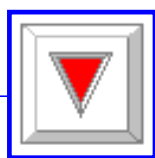


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