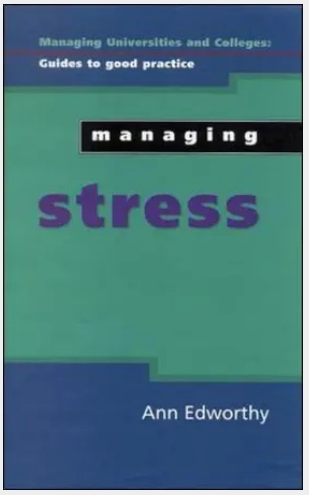
Edworthy

# Managing Stress

Universities and colleges (and their staff) have undergone dramatic and stressful change over the past few years. Managing Stress identifies the nature of stress for individuals, and what causes it in further and higher education. It helps staff in academic institutions to recognize the signs and symptoms of stress, and highlights the potential health problems if the stress is not managed. It provides its readers with a selection of stress reduction and stress management techniques that can help them reassess their lifestyles, and take the necessary steps to lead healthier lives. Ann Edworthy has written an accessible and practical guide to stress, its causes and symptoms, and how best to alleviate it. It is an important resource for all staff in universities and colleges.




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