

STRESS MANAGEMENT Information Guide

WEBSITES

HEALTH CANADA

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/stress-eng.php>

MEDLINEPLUS

www.nlm.nih.gov/medlineplus/stress.html

CONCORDIA UNIVERSITY – Stress Management: A Practical Guide

<http://www-health.concordia.ca/pdf/healthinfo/stress.pdf>

PATIENT EDUCATION INSTITUTE

<http://www.nlm.nih.gov/medlineplus/tutorials/managingstress/htm/index.htm>

NEED MORE INFO?

PHONE: (519) 743-7502

EMAIL: askus@kpl.org

WEBSITE: www.kpl.org/ref/healthlink.html

IN PERSON: at any KPL location

COMMUNITY CONTACTS

Canadian Mental Health Association

Grand River Branch

67 King St E.

Kitchener, ON N2G 2K4

Phone: 519 - 744 - 7645

Email: admin@cmhagrb.on.ca

Website: www.cmhagrb.on.ca



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

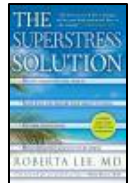
BOOKS & DVDS

The superstress solution

Roberta Lee

2010

[616.98 Lee](http://www.kpl.org/ref/616.98Lee)

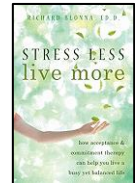


Stress less, live more: How acceptance & commitment therapy can help you live a busy yet balanced life

Blonna Richard

2010

[155.9042 Blonn](http://www.kpl.org/ref/155.9042Blonn)

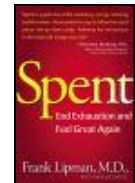


Spent : End exhaustion and feel great again

Frank Lipman

2009

[613 Lipma](http://www.kpl.org/ref/613Lipma)

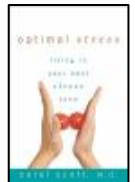


Optimal stress: Living in your best stress zone

Carol Scott

2010

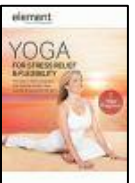
[155.9042 Scott](http://www.kpl.org/ref/155.9042Scott)



Yoga for stress relief & flexibility

2010

[DVD 613.7046 Yoga](http://www.kpl.org/ref/DVD613.7046Yoga)



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