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Burnout Busters Stress Management For Ministry Burnout

What is Stress Management? A definition. Put simply " stress management is a "set of techniques and programs intended to help people deal more effectively with stress in their lives by analysing the specific stressors and taking positive actions to minimize their effects." (Gale Encyclopaedia of Medicine, 2008).

62 Stress Management Techniques & Tips To Prevent A Burnout

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Stress Management How to Reduce, Prevent, and Cope with Stress Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a

How to Reduce, Prevent, and Cope with Stress

Stress can cause severe health problems and, in extreme cases, death. While these stress management techniques have been shown to have a positive effect on reducing stress, they are for guidance only, and readers should take the advice of suitably qualified health professionals if they have any concerns over stress-related illnesses or if stress is causing significant or persistent unhappiness.

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