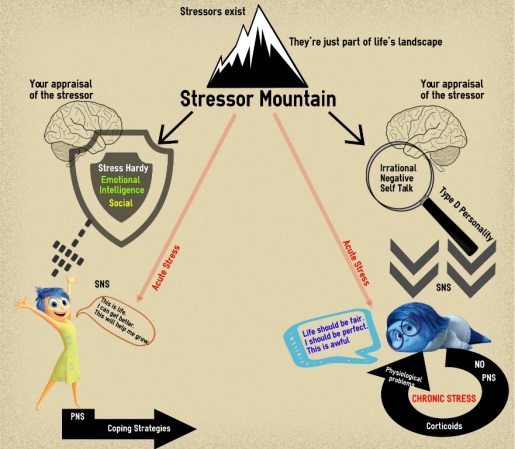
7.4 – Effects of Stress and Coping With Stress



Harmful Appraisal

Stress Hardy

Indirect Coping

Direct Coping

Coping strategies

Health Problems