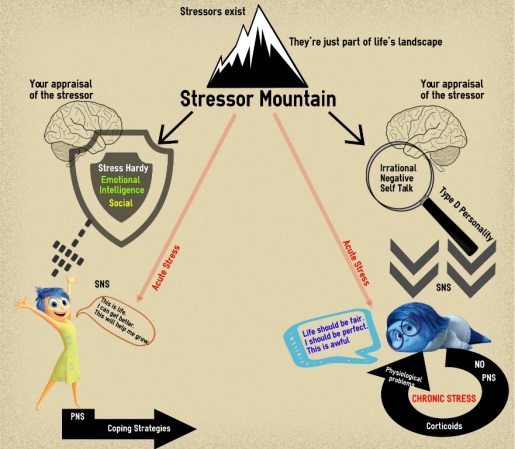
Essential Task 1-7:   Identify the effects of stress on psychological/physical well-being and how to cope with stress



Harmful Appraisal

Stress Hardy

Indirect Coping

Direct Coping

Coping strategies

Health Problems