

Contents

CHAPTER 1	Page
	no
Introductory Questionnaire	r
Definitions	3
Classification and etiological factors	4
Eustress	7
Mechanism of stress	8-14
Clinical features	15-20
Stress and Health	21-24
Stress and Cost + Time	25-26
Stress and Mind	27-29
Stress & Child	30-33
Stress and Female	34-35
Stress and Human Relations	36-39
CHAPTER II	
Self Assessment	41-44
Management of Stress	45-48
[General Principles]	
Great Wheel of Life	49-53
Ten thumb rules for stress management	54-56
CHAPTER Hi	
Different therapies for the management of s	
Exercise	57-60
Sports	61

Breathing Exercise	62
Yoga and Meditation	63-67
Self - Hypnosis	68-69
Autogenics	
Visualization	71-72
Bio - feedback	73-74
Pendulum or Dowsing	75-76
Progressive Relaxation	77-80
Sleep	81-85
Auto - Suggestion	86-87
Self Positive Talk	88-89
Creative Writing	90-92
Laughing	93-96
Music	97-102
Sound Bath	103
Light Sound Machine	104-105
CES	106
Plastotherapy	107-109
Diet Management	• 110-114
Time Management	115-116
Thought Stopping	117-124
Stress and Naturopathy	125-128
Stress and Ayurveda	129-130
Stress and Homeopath	131-134
Medical Adjunct [Drugs]	135-136
Spiritual Aspect	137-138
Do's and Don'ts	139-140
Value of Srhile	141

Dr. A.S. Panwar's Method for stress Manag	142-144
Change or be changed	145
Motivational Stories	146-155
Personal Planner	156-160
and gazing chart and creed.	161