Stress Management Coping Skills for Life & Work:

Wisdom for Living a Healthy & Happy Life - One thing that we can count on in life is that problems and stress will happen. They come in many different forms. Depending on your approach, stressful events can stretch you and make you stronger, or they can wear you down and set you on a destructive path. People who cope well with the shifts of life do things differently. They view the situation and engage in actions that are distinct from those who don’t cope well. Learn what the research says will help you thrive during the unexpected events of life.