

TRANSITION GUIDE



Managing Stress: Skills for Anxiety Reduction, Self- Care, and Personal Resiliency Eleventh Edition

Brian Luke Seaward, PhD

Paperback with Navigate Advantage Access
ISBN: 9781284283150
640 pages • © 2025

Navigate Advantage Access
ISBN: 9781284283563

Navigate eBook
ISBN: 9781284283624

Connect with JBL

Facebook:

<https://www.facebook.com/jonesbartlettlearning>

LinkedIn: jones-&-bartlett-learning

Twitter: @JBLearning

Blog: jblearning.com/blog

This transition guide serves to outline the updates and new content found in *Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency, Eleventh Edition*.

Managing Stress provides a holistic, comprehensive approach to stress management, honoring the balance and harmony of the mind, body, spirit, and emotions. Referred to as the “authority on stress management” by students and professionals, this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance.

OUTSTANDING FEATURES

- Enhanced eBook with Knowledge Check Questions and Quizzes
- Workbook in Writeable PDF format
- Relaxation Media and Audio Introductions
- Online Appendices: Stress Effects, Fact Sheets
- Study Guide Questions at the end of each chapter

REVISION UPDATES

- NEW! Chapter 1: Living in an Upside Down World
- NEW! Chapter 27: Getting a Good Night’s Sleep
- NEW! Self-Care Immediate Stress Relief Toolbox feature added to each chapter
- NEW! Learning Objectives added to each chapter

APPLICABLE COURSES

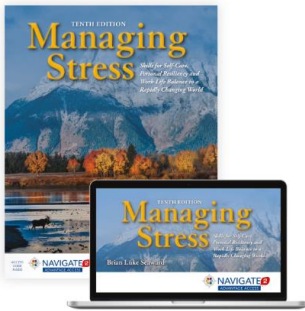
- Intro to Stress Management
- Stress Management for the Health Professions
- Stress Management Techniques/Actions

INSTRUCTOR RESOURCES

- Test Bank in LMS-compatible formats
- Slides in PowerPoint format
- Instructor Manual
- Lesson Plans
- Lecture Outlines
- Discussion Questions
- Image Bank

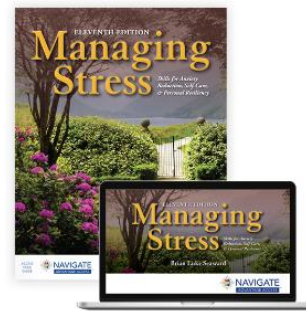
CHAPTER OUTLINE

This chapter outline comparison has been created to help you easily transition to the *Eleventh Edition*. Note that chapter content from the *Tenth Edition* may now be found in a different chapter in the *Eleventh Edition*. Also note that chapter numbers and titles may have been updated. **Red** indicates updates.



Managing Stress: Skills for Self-Care, Personal Resiliency, and Work-Life Balance in a Rapidly Changing World, Tenth Edition

By Brian Luke Seaward, PhD



Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency, Eleventh Edition

By Brian Luke Seaward, PhD

Current Edition	New Edition
PART 1 The Nature of Stress	PART 1 The Nature of Stress
1 The Nature of Stress	1 Living in an Upside Down World
2 The Sociology of Stress	2 The Nature of Stress
3 The Physiology of Stress	3 The Sociology of Stress
4 Stress and Disease	4 The Physiology of Stress
PART 2 The Mind and Soul	5 Stress and Disease
5 Toward a Psychology of Stress	PART 2 The Mind and Soul
6 The Stress Emotions: Anger, Fear, and Joy	6 Toward a Psychology of Stress
7 Stress-Prone and Stress-Resistant Personality Traits	7 The Stress Emotions: Anger, Fear, and Joy
8 Stress and Human Spirituality	8 Stress-Prone and Stress-Resistant Personality Traits
PART 3 Coping Strategies	9 Stress and Human Spirituality
9 Cognitive Restructuring: Reframing	PART 3 Coping Strategies
10 Healthy Boundaries: Behavior Modification	10 Cognitive Restructuring: Reframing
11 Journal Writing	11 Healthy Boundaries: Behavior Modification
12 Expressive Art Therapy	12 Journal Writing and Poetry Therapy
13 Humor Therapy (Comic Relief)	13 Expressive Art Therapy
14 Creative Problem Solving	14 Humor Therapy (Comic Relief)
15 Communication Skills in the Digital Age	15 Creative Problem Solving
16 Resource Management: Managing Time and Money	16 Communication Skills in the Information Age
17 Additional Coping Techniques	17 Resource Management: Managing Time and Money
PART 4 Relaxation Techniques	18 Additional Coping Techniques
18 Diaphragmatic Breathing	PART 4 Relaxation Techniques
19 Meditation and Mindfulness	19 Diaphragmatic Breathing
20 Hatha Yoga	20 Meditation and Mindfulness
21 Mental Imagery and Visualization	21 Hatha Yoga

22 Music Therapy	22 Mental Imagery and Visualization
23 Massage Therapy	23 Music Therapy and Sound Healing
24 T'ai Chi Ch'uan	24 Massage Therapy and Bodywork
25 Progressive Muscular Relaxation	25 Physical Exercise, Nutrition, and Stress
26 Autogenic Training and Clinical Biofeedback	26 Ecotherapy: The Healing Power of Nature
27 Physical Exercise, Nutrition, and Stress	27 Getting a Good Night's Sleep
28 Ecotherapy: The Healing Power of Nature	28 Additional Relaxation Techniques
Epilogue: Creating Your Own Stress Management Program	Epilogue: Creating Your Own Stress Management Program
Glossary	Glossary
Index	Index

Chapter-Specific Updates

- Ch. 1
 - NEW to this edition!
- Ch. 2
 - Added section, Fight, Flight, Freeze and Fawn: The Recurring Trauma Response to Stressful Triggers
- Ch. 3
 - Added section, Practicing Digital Wellness
 - Complete revision to Occupational Stress section
- Ch. 4
 - Added section, Ways to Calm an Over-Active Sympathetic Nervous System
- Ch. 5
 - Added content on medical intuitives and energy healers
 - Added new Stress with a Human Face feature
- Ch. 6
 - Added new section, Brene Brown: Shame, Vulnerability, and Courage
 - Added new section on Toxic Positivity
 - Added box on How To Groom a Healthy Ego
- Ch. 7
 - Expanded info on anger
- Ch. 8
 - Added new vignette at beginning of chapter
 - Added more info on resiliency
- Ch. 9
 - Added new section, A View from the Path of Michael Beckwith
 - Added new section, What is a Spiritual Bypass?
- Ch. 10
 - Added new section, Reframing 2.0: Adopting an Attitude of Gratitude
- Ch. 11
 - Added new vignette at beginning of chapter
- Ch. 12
 - Expanded info on effects of journal writing on both emotional and physical health
 - Added content on narrative therapy
- Ch. 13
 - Added new Stress with a Human Face feature
- Ch. 14
 - Added content on comedians Kevin Hart and Bill Burr

- Ch. 15
 - Added new box, Another Creativity Process Model
 - Added content on common suggestions from creativity experts
- Ch. 16
 - Added box, Gen Z Communication Styles Differ
 - Added content on newer tech platforms and generational tech use/preferences
- Ch. 17
 - General updates
- Ch. 18
 - General updates
- Ch. 19
 - General updates
- Ch. 20
 - Added box, Beginner's Mind
- Ch. 21
 - General updates
- Ch. 22
 - Added quotes from interview with Belleruth Naparstek
 - Added content on guided mental imagery
- Ch. 23
 - Added quotes from interview with Steven Halpern
 - Added new Stress with a Human Face feature
 - Added content on music within 432 Hz range
 - Added content on white noise
- Ch. 24
 - Added content on highlights of research conducted to measure the efficacy of muscle massage and touch
 - Added new Stress with a Human Face feature
- Ch. 25
 - General updates
- Ch. 26
 - General updates
- Ch. 27
 - NEW to this edition!
- Ch. 28
 - Content from prior edition Ch. 24, 25, and 26