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Comprehensive Stress Management empowers students to learn what stress is, evaluate their level of stress, and apply to their own lives the tools and skills to manage that stress. The book examines a variety of topics relevant to college students such as intrapersonal and interpersonal stressors, physiological reactions to stress, spirituality and stress, occupational stress, and family stress.

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Comprehensive Stress Management by Jerrold S. Greenberg

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Professor in the Department of Public
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baccalaureate ...

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Chapter 02 Stress Psychophysiology
Student: _____ 1. The upper part of the
brain responsible for thinking functions
is called the A. cerebral cortex. B.
subcortex. C. cerebellum. D. limbic
cortex. 2.

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