

tools of the trade

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Public Affairs Pamphlets *Public Affairs Pamphlets. 381 Park Avenue South, New York, New York 10016. Bulk rates available.*

Helping Children Face Crises. Pamphlet #541. Alicerose Barman. 1956. 50¢.

After introductory comments on small and major crises and the role of parents at times of crises, the author discusses children's capacities for adjustment. The pamphlet has major sections on sharing truth with children about family problems, death in the family, separation and divorce, and other crises. There's a one-page summary of "Do's and Don'ts for Handling Children's Crises."

How To Cope with Crises. Pamphlet #464. Theodore Irwin. 1971. 50¢

In this pamphlet, Irwin discusses the meanings of crises and patterns of behavioral response. He discusses special approaches and adjustments to various types of adversity, such as serious illness or accident, job loss, divorce, being jilted, death, and news of fatal illness.

One section covers psychological emergencies of children. His theme is how to cope and conquer, including positive steps an individual can take, how others can help, and positive outcomes of upsetting experiences.

Tensions and How To Master Them. Pamphlet #305. George Stevenson and Harry Milt. 1959. 50¢

This pamphlet is a condensation of the book *Master Your Tensions and Enjoy Living Again* by Stevenson and Milt.

After general discussion on the dangers of today's living habits, specific sections cover anxiety, guilt, and overprotection. The authors suggest action to overcome and control your tensions.

A set of questions for self-analysis and determination of whether your tensions are slight or severe is included. If tensions are judged to be severe, professional help is recommended; but if slight, recommendations are made that the authors suggest will lead to relief. These recommendations include talking it out, escape, recreation, time management, ridding oneself of anger, and handling feelings of neglect.

Understanding Stress. Pamphlet #538. Arthur Freese. 1976. 50¢

This pamphlet discusses the history of stress, the meaning of stress, fight-or-flight responses, the anatomy of stress, nonspecific responses, the biological stress syndrome, stress and disease, and protecting oneself. Simple, expressive illustrations enhance the pamphlet.