

# tools of the trade

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## AUDIO-VISUAL RESOURCES

**Coping  
with Stress**

*Coping with Stress. Brent Green and Dorothea J. Cudaback.  
Davis, California: University of California, Cooperative  
Extension, 1978. \$32.54.*

This slide-cassette presentation covers the symptoms  
and causes of stress, Type A personality (prone to stress-

related diseases), monitoring our stress level, maintaining ourselves in the face of stress, maneuvering to reduce stress, relaxation and meditation, and discovering our own stress level. The objective of the presentation is to help adults recognize the causes and learn to combat the effects of stress.

The complete set (slides, script, and tape) can be purchased for \$32.54, plus applicable sales tax. Checks or purchase orders should be made payable to the Regents of the University of California and sent to: Visual Media, University of California, Davis, California 95616.

The set consists of 71 2x2 color slides, an 8-page script, and a C-30 cassette tape. The tape is programmed with a 1,000 Hz inaudible tone that synchronizes the slides with the narration. There are three ways the set may be used: (1) as a finished synchronized production—which requires an inaudible tone cassette playback unit and a 2x2 slide projector with remote control, (2) as slides that can be changed manually using a standard cassette tape unit, and (3) as a written script that can be read (and elaborated on) instead of using the cassette tape.