

tools of the trade

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STRESS! *STRESS! Chicago: American Hospital Association, 840 N. Lake Shore Drive, Chicago, Illinois 60611. AHA members eligible for discounts. Nonmember prices: leader's package, \$100; STRESS! film (color), 15 min., \$187.50; videocassette (color), 15 min., ¾", \$81.25; STRESS! booklet, \$18.75 per lot of 50 (all prices subject to applicable sales tax).*

STRESS! is a program developed by the American Hospital Association to help people learn how to manage the tensions and pressures of everyday living. The program was designed for use with a wide variety of people—teenagers to golden-agers from all living situations and educational backgrounds. It's suggested that the material is suitable for large audience presentations or small group workshops.

The *STRESS!* Leader's Package includes:

1. Leader's guide with detailed information on basic programs for various groups, learning activities, time schedules, and equipment needed, plus specifics on how to gear presentations to large and small audiences.
2. Audience participation materials—role play cards, various checklists, and discussion questions with specific activities to learn how to identify stress

symptoms and stress situations and to control the effects of stress.

3. Slide presentation with audiocassette—cartoon style “advice to the stressful” program entitled “Harriet’s Help for the Harried.” Questions asked are based on true-to-life stress situations, and answers provide information on how to handle the situations and where to go for help.
4. *STRESS!* booklet—24-page booklet containing self-help instructions on how to recognize and deal with stress symptoms. Included in the booklet are a rate yourself life change scale, word search puzzle, and checklist of personality traits and behavior patterns that involve the reader in recognizing stress signals. (The booklet can also be ordered in quantity for distribution to program participants.)

In addition, a 15-minute film or videocassette focusing on the reactions of one typical family to a series of common stress situations is available.