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4 Dealing with Stress in HEALTHY Ways

4E LESSON

Helpful Resources to Explore



"We imagine that we want to escape our seifi.sh and commonplace existence, but we cling desperately to our chains. " - Anne Sullivan, best known as the young teacher who taught Helen Keller, a blind and deaf child to communicate and read braille. (1866 - 1936)

This last lesson of the 4 group provides an interesting list of related resources for enhancing the lessons' topic and advance your understanding of healthy ways to deal with stress.

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BOOKS

To Engineer is Human
Author, Henry Petroski

This book reveals the painstaking efforts that engineering requires, and should be compared to behavioral engineering as you read each chapter. The author points out a number of failures while also explaining how engineers improve techniques over time for increasing strength and endurance of their projects. If the local library doesn't have this book, it's a great one to purchase at the book store or amazon.com for increased understanding.

The Growth of the Mind
Author, Stanley I. Greenspan, MD

This book reveals the elusive building blocks of creative and analytic thinking and provides an exciting missing link between recent discoveries in neuroscience, and the qualities that make us more meaningful humans.

INTERNET LINKS

If you haven't already done so, search "healthy stress" with your favorite web browser and explore the web-sites listed below. You may also go to YouTube for interesting lectures about prioritizing your time and stress management.

therapistaid.com	Free emotional lesson worksheets
talentsmart.com	Talent Smart, EI articles
udemy.com	Free on-line EI courses

MOVIE

The Miracle Worker 1962

Starring Ann Bancroft and Patty Duke, which carries a valuable emotional theme, based upon the true story about Helen Keller. We recommend your watching this movie because of the difficulties it exposes, particularly in difficult behavioral change.

As you watch this film, take notice of the stern way that Helen Keller's teacher, Anne Sullivan, disciplines her in the beginning. Once Helen realizes that Anne is trying to teach her to communicate, you'll notice how Helen begins to hunger for better understanding. Hopefully the movie will inspire you to continue growing emotionally.

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NOTES

"The most difficult thing in any negotiation, almost, is making sure that you strip it of the emotion and deal with the facts."

Howard Baker, American politician and diplomat, most known for brokering compromise, enacting legislation, and maintaining civility. (1925 - 1914)