

L'essentiel sur le stress



Fonctionnement

Types

Effets sur le corps

Effets sur le cerveau



Le Stress Est Parmi Nous

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Comment surmonter l'anxiété, la dépression et le stress : un voyage d'espoir et de renouveau Adriano Leonel, 2024-04-26 Comment surmonter l'anxiété et la dépression et le stress un voyage d'espoir et de renouveau Découvrez les chemins vers une vie de développement et de renouveau dans ce livre inspirant sur la façon de faire face aux défis de l'anxiété et de la dépression et du stress Rédigé par des experts en santé mentale et basé sur des preuves scientifiques ce guide complet propose une approche intégrée qui combine la foi chrétienne les expériences personnelles et les connaissances scientifiques pour vous aider retrouver la paix intérieure et l'équilibre émotionnel En explorant les racines profondes de ces défis émotionnels des facteurs physiques aux facteurs psychologiques vous serez guidé travers un processus de réflexion et de découverte qui offre des informations précieuses sur la façon de faire face à l'anxiété et de surmonter la dépression et de gérer efficacement le stress Avec des stratégies pratiques des exercices de découverte de soi et des conseils spirituels ce livre est un compagnon compatissant dans votre voyage de guérison et de croissance Préparez-vous trouver l'espoir l'inspiration et les outils dont vous avez besoin pour transformer votre vie et atteindre un sentiment renouvelé de bien-être mental et émotionnel Rempli d'une sagesse intemporelle et de conseils pratiques Vaincre l'anxiété et la dépression et le stress est votre guide essentiel pour ouvrir la voie vers la paix intérieure la joie durable et l'épanouissement personnel Soyez prêt à affronter vos défis de front et découvrez la force intérieure qui vous mènera la victoire sur les adversités de la vie

Une Maison dans le ciel Amanda Lindhout, Sara Corbett, 2017-01-25 Un best seller international bientôt au cinéma Après avoir chappé au quotidien d'une enfance difficile en se plongeant dans de vieux numéros du magazine National Geographic la jeune Amanda Lindhout décide de partir son tour du monde de ce monde qui la fait tant rêver 19 ans elle travaille comme serveuse et parvient à mettre suffisamment d'argent de côté pour s'offrir de longs périodes de voyage en Amérique latine et en Asie jusqu'à ce que son énergie et sa curiosité l'amènent à découvrir d'autres pays plus difficiles d'accès pour une femme occidentale tels que le Soudan la Syrie ou encore le Pakistan Enhardie par ses découvertes et ses rencontres elle part pour l'Afghanistan et l'Irak tous deux ravagés par la guerre et entame une carrière de journaliste qui va la conduire en Somalie le pays le plus dangereux sur terre où elle se fait kidnapper par un groupe d'hommes armés se réclamant d'une milice islamiste Retenue prisonnière pendant 460 jours dans des conditions souvent effroyables seule femme au milieu d'une dizaine d'hommes Amanda survit en faisant appel à son intuition ses souvenirs et sa force de caractère Et quand le désespoir la submerge elle se prend à rêver qu'elle visite une maison dans le ciel loin très loin de la prison obscure dans laquelle elle risque de sombrer dans la folie ou de trouver la mort Une adaptation cinématographique de cet ouvrage est en cours Le film sera réalisé par Megan Allison la productrice de Zero Dark Thirty et The Revenant et c'est l'actrice Rooney Mara qui n'aimait pas les femmes Carol qui tiendra le rôle d'Amanda Lindhout

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Vogue etc Un témoignage bouleversant du meilleur livre de l'année au Canada EXTRAIT Nous avons donné un nom quelques-unes des maisons dans lesquelles ils nous avaient enfermés Nous restons plusieurs mois d'affilée dans certaines quelques jours ou quelques heures dans d'autres Il y avait eu tout d'abord la Maison de l'Artificier puis celle de l'électricité Puis ce fut la Maison de l'vasion une petite construction en béton où il nous arrivait parfois d'entendre par la fenêtre des changes de tirs mais aussi la voix proche douce et tendre d'une femme chantonnant pour son enfant Après notre tentative d'vasion nous avons transféré de manière précipitée dans la Maison Kitsch avec son boudoir au couvre-lit fleuri et la coiffeuse en bois garnie de bombes de laque ou de gel coiffant parfaitement alignés une pièce dans laquelle en juger par les protestations de la femme cantonnée dans sa cuisine nous n'osions pas nous trouver CE QU'EN PENSE LA CRITIQUE Un extraordinaire récit de résilience et de victoire spirituelle The New York Times Book Review Un récit difficile mais magnifiquement crit USA Today Le récit passionnant et essentiel des tragédies d'une femme sur fond de terrorisme international Vogue Un formidable message d'espoir et de force Un livre impossible à lire La Première RTBF

Compétences pour minimiser le stress chez les professionnels de santé - E-BOOK Shannon Dames, 2023-12-28 Développez la résilience et prospérez en tant que professionnel des soins Compétences pour minimiser le stress chez les professionnels de santé un guide pour renforcer votre résilience aborde des méthodes pour prendre soin de soi et prévenir la fatigue motionnelle et l'épuisement professionnel dans les milieux de travail très stressants Ce livre utilise une approche factuelle qui examine comment les professionnels de la santé peuvent développer l'autocompassion la pleine conscience les relations avec leurs collègues et leur satisfaction en leur carrière Rédigé par Shannon Dames enseignante et chercheuse ce manuel pratique montre comment mettre en pratique ces connaissances et améliorer votre bien-être dans de vrais contextes de soins En raison de la prévalence plus élevée chez les professionnels de la santé de problèmes de santé mentale comme le syndrome de stress post-traumatique SSPT et le trouble d'anxiété généralisée TDM une ressource comme celle-ci n'est jamais aussi nécessaire Focaliser la fois sur la théorie et la pratique permet aux étudiants de s'évaluer de renforcer leur résilience et de s'approprier ces concepts soutenus par la recherche UNIQUE Les études de cas Parcours illustrent l'expérience ou les préoccupations réelles d'un professionnel de la santé ce qui amène les étudiants à réfléchir pendant leur lecture la façon dont ils gèreraient la situation exposée La fin du chapitre propose une méthode efficace pour gérer la situation et démontre comment mettre en pratique les leçons apprises UNIQUE L'écriture claire sur le ton de la conversation et le cadre métaphorique des racines et de l'arbre établissent un lien avec les lecteurs et facilitent l'apprentissage conceptuel Des exercices pratiques intégrés permettent aux étudiants de développer et de renforcer leurs propres racines métaphoriques Des vignettes tout au long du texte démontrent comment les concepts s'appliquent aux scénarios du monde réel S'adapter au parcours venir résume le contenu la fin de chaque chapitre pour que les étudiants comprennent bien les concepts principaux UNIQUE Des encadrés présentant la contribution du Dr Crosbie Watler M.D. FRCPC aident les étudiants à naviguer et comprendre les enjeux en santé mentale qui touchent les professionnels de la santé

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