

STRESS MANAGEMENT FOR MAINTENANCE OF HEALTH IN EDUCATIONAL INSTITUTIONS AND WORKPLACES

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Received: 19 Mar 2018

Accepted: 24 Mar 2018

Published: 31 Mar 2018

ABSTRACT

Selye (1977), holds that "stress is a reaction to an event - the reaction being the generalized response of the body to the individual's perception of the event, whether it is pleasant or unpleasant"

KEYWORDS: Stress Management