

Title: Stress: You're in Control II

Production Company: American Media

Reorder Information: 800-262-2557 or www.ammaedia.com

Length: 20 Minutes

Synopsis:

In moderation, stress can actually be a source of self-motivation. However, excessive stress can cause fatigue, sleep disturbances, inefficiency, and job dissatisfaction. The key is to take responsibility for recognizing the signs of negative stress and then learn the techniques to control it and make it positive.