



Stress-Related Disorders Sourcebook

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Stress is epidemic in the western world. Over two-thirds of office visits to physicians are for stress-related illness. Stress is a major contributing factor either directly or indirectly, to coronary artery disease, cancer, respiratory disorders, accidental injuries, cirrhosis of the liver and suicide; the six leading causes of death in the United States. Stress aggravates other conditions such as multiple sclerosis, diabetes, herpes, mental illness, alcoholism, drug abuse, and family discord and violence.

This Sourcebook helps individuals identify harmful stress which may lead to mental, emotional, or physical health disorders, including environmental stress, depression, post-traumatic stress disorder, panic disorder, suicide, and physical effects of stress on the cardiovascular, immune, and nervous systems. It includes information about traditional and alternative techniques for stress reduction and management. A glossary of terms and directory of resources provide additional help and information.

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