



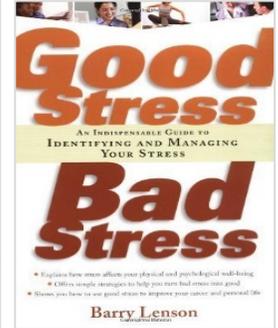
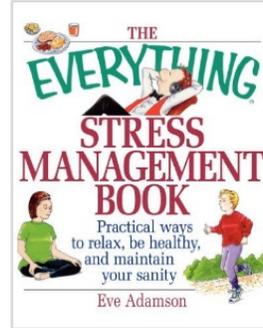
## Career Resources: Managing Stress

Are you stressed out by the job search or career choices? Here are some resources to help you.

### Recommended Books

#### Good Stress, Bad Stress: An Indispensable Guide to Identifying and Managing Your Stress

Stress! It's become the most widespread health problem of any kind. But all stress is not created equal. This book maps the differences between "good" stress and bad stress, and offers strategies and action plans for getting rid of the bad stress and focusing on making the most of good stress.

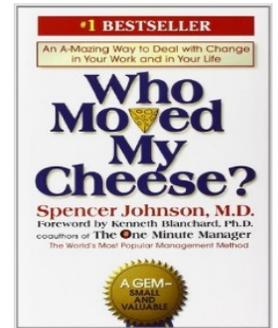
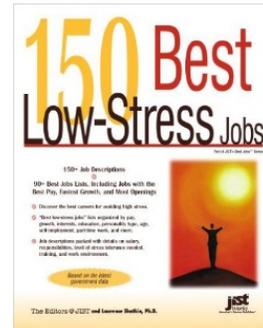


#### The Everything Stress Management Book: Practical Ways to Relax, Be Healthy, and Maintain Your Sanity

This book gives you the lowdown on the most popular stress-reduction methods, including: aromatherapy, exercise, massage, meditation, proper nutrition, Tai Chi, yoga, and more.

#### Who Moved My Cheese?: An A-Mazing Way to Deal with Change in Your Work and in Your Life

Most people are fearful of change because they don't believe they have any control over how or when it happens to them. Since change happens either to the individual or by the individual, this book shows you that what matters most is the attitude we have about change.



#### 150 Best Low Stress Jobs

Surveys confirm that occupational pressures are the number-one source of stress for people. This book has the answer in two stress-free steps. First, readers explore 90 "best low-stress jobs" lists ranked by over a dozen common stress factors, plus by pay, growth, openings, personality type, interests, education level, gender, age, part-time work, and self-employment. Then, readers review descriptions of the jobs that appeal to them.

### CaPS PACE Program

If you are not sure about your field of study and/or career options, PACE (Program for the Advancement of Career Exploration) is for you. This program is designed to help you make decisions about your career options and study field through a series of workshops that include vocational testing and a complete self-assessment. For more info, visit:

[Program for the Advancement of Career Exploration \(P.A.C.E.\)](#)



### Tools

#### Stress management

OSD (Office for Students with Disabilities) has prepared this website provides a list of stress-management resources including workshops, programs and strategies to help you stay positive and balanced throughout your studies at McGill.

#### Anxiety & Stress

Counselling and Mental Health Services has a list of self-help resources to help you achieve and sustain a healthy level of psychological well-being. The resources are in a variety of formats: apps, books, podcasts, websites, videos and handouts.