

tools of the trade

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Managing Stress *Managing Stress. Del Mar, California: CRM McGraw-Hill Films, 110 15th Street, Del Mar, California 92014, 1978. Film (color), 35 min. \$495.*

This film was done by Jackie Schmidt-Posner and Nancy Schmidt for junior and senior high school, college, and adult levels. The film focuses on work-related stress. The film is accompanied by an instructor's film guide, which provides the following synopsis:

Using a fast-paced mix of short dramatic scenes, animated sequences, film montage, documentary footage of various work situations, interviews, and a sequence showing a Stress Reduction Seminar conducted by Dr. James Manuso, the film presents the main issues in stress research, including: the fight-or-flight response, the pioneering research of Hans Selye, the concept of "eustress" (the value of stress in promoting creativity and productivity), review of widely used stress-control techniques, and Friedman and Rosenman's type A and type B personalities.

The instructor's guide also includes background information on the stress response, sources of stress, stress and personality, stress and illness, and controlling stress, along with a bibliography.

Also included are three suggested training designs, one for reducing stress in organizations, another for managing personal stress, and a single-session overview, plus various group discussion questions and activities.