

Continuing Education Courses for RDs & DTRs

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by Wendy Ruth Stiver, RN, BSN, MA

8575

4 Contact Hours

Table of Contents

- Distress, stress and wellness
- Stress-related symptoms and disorders
- Type A behavior and hostility
- Your coping response, relaxation methods
- Managing job stress and preventing burnout
- Health buffers: exercise, nutrition, sleep

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by Chris Rusch

8615

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by Sue Rodwell Williams, PhD, MPH, RD

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#8620

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8530

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Edited by Vijay Fadia

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