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Examples of possible stress management experiences include: yoga classes, t'ai chi classes, massage, biofeedback, hypnotherapy, counseling, acupuncture, personal growth workshop, meditation group, etc. The only restriction placed on your choice of experience is that your

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experience must involve a

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An outline of the comprehensive stress management program is illustrated in Figure 1. Stress survey All of the workers were asked to fill out self-reported questionnaires on September 19 - 22 and November 28 - 30, 2011. The same questionnaires were administered in the pre- and post-stress surveys.

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