

# Teaching Stress Management: Activities For Children And Young Adults By Nanette E. Tummers

**By Nanette E. Tummers**

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Written by Akaya McElveen Willimantic, Conn. - Nanette Tummers, professor of health and physical education at Eastern Connecticut State University, has authored a new

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Stress is pervasive in the lives of today s children and youth. Without adequate coping skills, students might engage in risky behavior and make poor decisions that

Tummers Bio Nanette Tummers , Ed.D. Education: Ed.D: University of Northern Colorado, Kinesiology and Health Promotion. M.S Teaching Stress Management. Activities

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Nanette E. Tummers is the author of Teaching Yoga for Life 3 ratings, 1 review, published 2009), Teaching Stress Management (3.00 avg Nanette E. Tummers s

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