

**ADDICTIONS FOUNDATION OF MANITOBA
AUDIOVISUAL RESOURCES**

SUBJECT HEADINGS

STRESS (PSYCHOLOGY)

Connecting body, mind and spirit through movement (alog)

Adult; 24 minutes

VHS; 2000

VTR/BF 637/.M4/C6/2000

In this video, you will learn simple movement that will help you integrate body, mind and spirit. Claire Cassell leads you in movement and meditation in the beauty and serenity of nature. The soothing woodland flute music that accompanies this video is written and performed by Jim Schattauer. His original composition "So Many Colours" is interpreted by Claire in American Sign Language.

The Doctor is in : stress (alep)

Adult; 25 minutes

VHS; 199-

Kinetic

VTR/BF 575/.S75/D6/199-

Series : The Doctor is in

A look at how stress can work for/against you, with explanations of how techniques like relaxation training/biofeedback can help. Program for children is highlighted that shows techniques taught in elementary school.

The Joy of stress : how to prevent hardening of the attitude (ajsu)

Adult; 56 minutes

VHS; 1995

Kinetic

VTR/BF 575/.S75/J68/1995

The role of humour has long been recognized as an indispensable tool for maintaining good health and a sense of well being. Current medical research suggests that this age-old remedy is physically and mentally beneficial. This video explains how humour helps strengthen our immune system, reduce stress, and prevents "hardening of the attitude".

Nurses, the web of denial (aivr)

Adult; 32 minutes

VHS; 1993

VTR/HV 5142/.N87/1993

This video explains how professional anxieties, sometimes exacerbated by difficult, personal circumstances, shift work, and lack of positive reinforcement, may combine to leave some nurses caught in a dependency on alcohol or other drugs. (Also available in French – "Les infirmières et les infirmières: les poids du silence")

Relax (aixo)

Adult; 60 minutes

VHS; 1988

Pfeiffer & Company

VTR/RA 785/.R45/1988

Hosted by Dennis Weaver, this is a video for combating workplace tension and strain through a series of relaxation techniques. May be used for stress reduction training sessions, after intense management sessions, during off-site group sessions, with team building and training courses, or at home.

Serenity (aiyf)

Adult; 25 minutes

VHS; 1985

Hazelden

VTR/RA 785/.S47/1985

Teaches techniques for relaxing without drugs or other chemicals. Using relaxation, imagery and affirmations based on the twelve steps, this program can be used as an adjunct to AA meetings and counselling sessions. By Emmett E. Miller, M.D.

Understanding stress and conflict (ajbg)

Adult; 44 minutes

VHS; 1982

Sunburst

VTR/BF 575/.S75/U53/1982

Part 1 : What is stress? 14 minutes

Part 2 : Stress and anxiety 15 minutes

Part 3 : Coping with stress 15 minutes

Women's choices, women's voices : healthy, drug-free ways of coping (ajjw)

Adult; 28 minutes

VHS; 1996

ARF

VTR/HV 5137/.W65/1996

Profiles six women who have chosen healthy drug-free ways of dealing with the stress they face in their everyday lives. The women describe some of the things they do to take care of themselves and to feel good, as well as their attitudes towards using alcohol, medications and other drugs. Provides factual information about alcohol and other drug use that is specifically relevant to women.