

# Download Rapid Relief From Emotional Distress

In psychology, stress is a feeling of strain and pressure. Stress is a type of psychological pain. Small amounts of stress may be desired, beneficial, and even healthy. Distress Tolerance for Parents by Amber Stapleton (Provisional Psychologist) December 2018 Distress tolerance is the ability to sit with uncomfortable feelings - even just for a short period - in a healthy way. Health Link Healthy living after treatment for childhood cancer Emotional Issues Version 3.0 - 10/08 Copyright 2008 © Children's Oncology Group 1.1 General principles. 1.1.1 Recognise that children and young people with life-limiting conditions and their parents or carers have a central role in decision-making and care planning., Rapid Relief From Emotional Distress.

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