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What you should study:

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What you should study:

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3. In patients coping with a crisis and life-threatening illness (e.g., depression, anxiety disorder).

What you should study: Anxiety, Depression

4. In patients coping with their stress,

a) Clarify and acknowledge the factors contributing to the stress

b) Explore the resources and possibilities for improving the stress

What you should study:

' CBT approach to stress reduction CMA

' Meditation: Mayo clinic

5. In patients experiencing stress, inappropriate coping (e.g., drugs, alcohol, eating, violence).

What you should study: Substance Abuse