

# **International Journal of Stress Prevention and Wellbeing**

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## **Editorial: Launch of the International Journal of Stress Prevention and Wellbeing**

**Stephen Palmer & Siobhain O’Riordan**

**Editorial** Citation: Palmer, S., & O’Riordan, S. (2017). ‘Editorial: Launch of the International Journal of Stress Prevention and Wellbeing’. International Journal of Stress Prevention and Wellbeing, 1, 1, 1-2. Retrieved from:

<http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-1-editorial-launch-of-the-international-journal-of-stress-prevention-and-wellbeing/>

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## **Letter from the Chair of the International Stress Management Association UK (ISMA UK)**

**Carole Spiers**

Citation: Spiers, C. (2017). Letter from the Chair of the International Stress Management Association UK (ISMA UK). International Journal of Stress Prevention and Wellbeing, 1, 2, 1-4. Retrieved from: <http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-2/>

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## **Psychological Resilience: Definitional Advancement and Research Developments in Elite Sport**

**Mustafa Sarkar**

Citation: Sarkar, M. (2017). Psychological Resilience: Definitional Advancement and Research Developments in Elite Sport. International Journal of Stress Prevention and Wellbeing, 1, 3, 1-4. Retrieved from: <http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-3/>

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**Coaching as a route to resilience and wellbeing**

**Carmelina Lawton-Smith**

Citation: Lawton-Smith, C. (2017). Coaching as a route to resilience and wellbeing. International Journal of Stress Prevention and Wellbeing, 1, 4, 1-5. Retrieved from: <http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-4/>

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**Stress and wellbeing: A lifestage model**

**Sheila Panchal, Stephen Palmer, Siobhain O’Riordan & Alexander Kelly**

Citation: Panchal, S., Palmer, S., O’Riordan, S., & Kelly, A. (2017). Stress and wellbeing: A lifestage model. International Journal of Stress Prevention and Wellbeing, 1, 5, 1-3. Retrieved from: <http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-5/>

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**Sleep hygiene as part of effective stress management: some points to consider**

**Sam Farmer**

Citation: Farmer, S. (2017). Sleep hygiene as part of effective stress management: some points to consider. International Journal of Stress Prevention and Wellbeing, 1,6, 1-4. Retrieved from: <http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-6/>

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**Conference report: The HSE Stress Summit 2017**

**Chris Clark & Carole Spiers**

Citation: Clark, C., & Spiers, C. (2017). 'The HSE Stress Summit 2017'. International Journal of Stress Prevention and Wellbeing, 1,7, 1-3. Retrieved from:

<http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-7>

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**Relaxation therapy for anxiety: an observational study of a process oriented approach**

**Jan van Dixhoorn, Mia Scheffers & Joeske van Busschbach**

Citation: van Dixhoorn, J., Scheffers, M., & van Busschbach, J. T. (2017). Relaxation therapy for anxiety: an observational study of a process oriented approach. International Journal of Stress Prevention and Wellbeing, 1, 8, 1-6. Retrieved

from: <http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-8/>

**Volume 1, Article 8 Published on 13 June, 2017**

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**Obituary. Joe Macdonald Wallace – 1918-2015**

**Laurie van Someren**

Citation: van Someren, L. (2017). 'Joe Macdonald Wallace – 1918-2015'.

International Journal of Stress Prevention and Wellbeing, 1, 9, 1. Retrieved

from: <http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-9/>

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## **ISMA UK Conference: Growth 2017**

**Carole Spiers**

Citation: Spiers, C. (2017). 'ISMA UK Conference: Growth 2017'. International Journal of Stress Prevention and Wellbeing, 1, 10, 1-4. Retrieved from: <http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-10/>

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## **Stress levels during the journey of cancer treatment**

**Umer Khan, Dr Hana Morrissey and Professor Patrick Ball**

Citation: Khan, U., Morrissey, H., & Ball, P. (2017). 'Stress levels during the journey of cancer treatment'. International Journal of Stress Prevention and Wellbeing, 1, 11, 1-13. Retrieved from: <http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-11/>

**[Volume 11, Article 11](#)**

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## **Investigating Labyrinth Walking as a Tool for Stress Relief in the Workplace**

**Paula Boardman, Suzanne Klatt, Diane Rudebock and Teresa Araas**

Citation: Boardman, P., Klatt, S., Rudebock, D., & Araas, T. (2017). 'Investigating labyrinth walking as a Tool for Stress Relief in the Workplace'. International Journal of Stress Prevention and Wellbeing, 1, 12, 1-11. Retrieved from: <http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-12/>

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