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Promoting Resilience in Stress Management

National Cancer Institute

Source

National Cancer Institute. *Promoting Resilience in Stress Management*. NCI Thesaurus. Code C153554.

A resilience-building intervention program for adolescents and young adults with serious illness. It focuses on 4 disease-non-specific skills: stress management, goal-setting and problem-solving, positive re-appraisals of stressors, and meaning-making or benefit-finding.