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support to developing countries, with increasing emphasis on assistance to the least developed ..., Stressors, such as work overload, role conflicts, lack of time, lack of self-care, poor job-related interpersonal relationships, feeling powerless to provide quality care, struggling with competing demands, death, conflict with doctors, peers and supervisors, and inadequate emotional preparation, can be negative, stressful, traumatic, or difficult situations or episodes of hardship for nurses., © 2008 by Hazelden Foundation. All rights reserved. Duplicating this material for personal or group use is permissible. 83 CO-OCCURRING DISORDERS PROGRAM: FAMILY PROGRAM, 182 Proceedings Challenges to Parenting: The Local Scene BMY CHAN Child Assessment Service, Department of Health, Hong Kong, China It is an honour to be invited to share with the, The effects of chronic stress . Your nervous system isn't very good at distinguishing between emotional and physical threats. If you're super stressed over an argument with a friend, a work deadline, or a mountain of bills, your body can react just as strongly as

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