

# CONFLICT RESOLUTION, MEDIATION, AND MENTAL HEALTH

- **5 Ways People Deal With Conflict**
  - <https://www.spencerjamesgroup.com/five-ways-people-deal-with-conflict/>
- **Personality Differences and Conflict Handling**
  - [https://crana.org.au/uploads/pdfs/Other\\_44.pdf](https://crana.org.au/uploads/pdfs/Other_44.pdf)
- **Tools for Resolving Conflict**
  - <https://www.mediate.com/articles/bermanLJ3.cfm>
- **Conflict Mediation Guidelines**
  - <https://web.stanford.edu/group/resed/resed/staffresources/RM/training/conflict.html>
- **Conflict Management Styles**
  - <http://sourcesofinsight.com/conflict-management-styles-at-a-glance/>
- **How to Look After Your Mental Health**
  - <https://www.mentalhealth.org.uk/publications/how-to-mental-health>
- **Stress Managements Tips**
  - <https://www.webmd.com/balance/stress-management/stress-management>
- **Breathing Exercises to Reduce Stress**
  - <https://www.webmd.com/balance/stress-management/stress-relief-breathing-techniques#1>
- **Effective Stress Relievers**
  - <https://www.verywellmind.com/tips-to-reduce-stress-3145195>



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## Five Styles of Responding to Conflict

