

There is a direct relationship between the stress of change of any kind and the body's mechanisms to control reactions to stress. Families are homeostatic systems that are impacted by changes in its members.

The following links provide a brief explanation of homeostasis and they provide additional links that can be followed, or you can begin again and search more broadly on:

- Google Scholar <https://scholar.google.ca/>
- BASE <http://www.base-search.net/about/en/> , or other academic research engines on
- Wiki https://en.wikipedia.org/wiki/List_of_academic_databases_and_search_engines .

Scientific American

<http://www.scientificamerican.com/article/what-is-homeostasis/>

University of California Berkeley

<http://mcb.berkeley.edu/courses/mcb135k/lecture28.ppt>

WIKI

<https://en.wikipedia.org/wiki/Homeostasis>