

Managing Stress at Work in a Week: How to Manage Stress in Seven Simple Steps



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(Claud Feest)

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Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Managing Stress at Work in a Week: How to Manage Stress in Seven Simple Steps, Stephen Evans-Howe, Understand stress fast, without cutting corners The ability to manage stress is crucial to anyone who wants to advance their career. In this short, accessible book, Stephen Evans-Howe shares a lifetime of hard-earned wisdom and practical advice, giving you, in straightforward language, all the insight you need to understand and manage stress. The 'in a week' structure explains the essentials of stress at work over just 7 days: Sunday: Examine the common causes of stress from a work/organisational perspective and an individual level Monday: Understand the basic psychological and physiological aspects of stress Tuesday: Gain an overview of the issues of stress surrounding job roles and responsibility, and consider potential solutions Wednesday: Understand the stress associated with workload, work pressure and work environment and develop the tools to deal with it Thursday: Create a supportive environment to combat conflict and certain behaviours Friday: Gain an insight into change management and how it can help relieve stress within your team Saturday: Use practical steps to help individuals take responsibility for managing their own stress At the end there are questions to ensure you have taken it all in and cartoons, diagrams and visual aids throughout help make Managing Stress At Work In A Week an enjoyable and effective learning experience. So what are you waiting for? Take the fast track to successful stress management!.



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