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STRATEGIC STRESS MANAGEMENT

An Organizational Approach

Valerie J. Sutherland and Cary L. Cooper



Organizational Stress Management A Strategic Approach

Lorne Sulsky, Carlla S. Smith



Organizational Stress Management A Strategic Approach:

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[A Strategic Approach](#) Hanna Rommers, 2014-11-20 It may seem that there is nothing you can do about stress The bills won't stop coming there will never be more hours in the day and your career and family responsibilities will always be demanding But you have more control than you might think In fact the simple realization that you are in control of your life is the foundation of stress management Managing stress is all about taking charge of your thoughts emotions schedule and the way you deal with problems Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress especially chronic stress usually for the purpose of improving everyday functioning In this context the term stress refers only to a stress with significant negative consequences or distress in the terminology advocated by Hans Selye rather than what he calls eustress a stress whose consequences are helpful or otherwise positive Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors These can include physical health decline as well as depression The process of stress management is named as one of the keys to a happy and successful life in modern society Although life provides numerous demands that can prove difficult to handle stress management provides a number of ways to manage anxiety and maintain overall well being Despite stress often being thought of as a subjective experience levels of stress are readily measurable using various physiological tests similar to those used in polygraphs Many practical stress management techniques are available some for use by health professionals and others for self help which may help an individual reduce their levels of stress provide positive feelings of control over one's life and promote general well being

Strategic Stress Management Valerie J. Sutherland, 2000

Energizing the Workplace Kim James, Tanya Arroba, 1999 This book offers a totally new approach to the management of stress in organizations It focuses on the organizational strategies and managerial actions required for reducing stress It looks at how stress is created organizationally so that any response can deal with the problem at all levels in a targeted and tailored way to suit the culture and orientation of the business

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advantages over its competitors Canadian Human Resource Management Hermann Franz Schwind,1999 **Strategic Approach to Preventing Occupational Stress** ,2008 *Work Stress* Lorne Sulsky,Carlla S. Smith,2005 Written for work psychologists and psychologists in training WORK STRESS critically reviews the literature across the broad domain of work stress in a fairly non technical manner while retaining scientific integrity Because of rapid changes in work environments from technological advances and a myriad of economic social and other factors this ongoing transformation of work stress creates a moving target for this subject A conceptual model introduced in chapter one serves as an organizing framework for the book and as a way to integrate a variety of research streams within a unified conceptual umbrella Instead of approaching work stress as a problem the authors use their experience as active psychologists to help you understand work stress as a process and to help you cope with stress in the modern workplace *Handbook of Organizational Stress Coping Strategies* Amarjit Singh Sethi,Randall S. Schuler,1984 Good No Highlights No Markup all pages are intact Slight Shelfwear may have the corners slightly dented may have slight color changes slightly damaged spine An Experiential Approach to Organization Development Donald F. Harvey,Donald R. Brown,2001 A book that makes the complex and fascinating world of managing people easy to grasp and enjoyable to study In this new sixth edition of their successful book Don Harvey and Don Brown give you an integrated and comprehensive view of the field of organization development Whether you are an introductory student a novice in the field or a practicing manager these authors make it simple to understand and utilize the newest approaches concepts and techniques User friendly practical and realistic An Experiential Approach to Organization Development Sixth Edition presents both conceptual and experiential approaches as it focuses on the real world of organization development Exciting examples and innovative applications show you how OD is applied in today s organizations and what it takes to manage in a changing world In addition you ll find The most up to date coverage of important topics such as the learning organization managing diversity empowerment changing the corporate culture and self managed work teams Thorough coverage of open systems and contingencies Self learning experiential exercises that take theories and principles and bring them to life in team activities *Managing Workplace Stress* Steve Williams,Lesley Cooper,2002-03-12 The purpose of this book is twofold to break down the ignorance barrier and then to put forward workable solutions for managing stress at work Stress may be widespread through the workforce but it isn t inevitable **Organizational Stress** J. Cranwell-Ward,A. Abbey,2005-06-14 This book provides a sound understanding of stress from organizational managerial and individual perspectives It is an ideal guide for managers HR and OH professionals with responsibility for stress management In order to remain competitive avoid risk and be employers of choice organisations must discover the causes of stress and mitigate them formulate robust policies and procedures create an appropriate culture and climate and support stressed individuals This book acts as a handbook for all aspects of managing stress It includes latest cutting edge thinking developed at Henley Management College and up to date examples and case studies *Indian Journal of Industrial Relations* ,2006

Strategic Management of Technostress in an Information Society Amarjit Singh Sethi, Denis H. J. Caro, Randall S. Schuler, 1987

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