

8-case

From the manager's story: At work, a person plays a certain social role, which may run counter to his character. For example, at work he is a despot boss whom everyone is afraid of, but at home and with friends he is a "good-hearted man" or a "traffic cop" - he can be a wonderful person in life, but how much negativity falls to his lot if he writes fines - even though he's just doing his job. How to protect yourself from stress and from the "sticking of the work mask" if your job requires you to be strict, principled and demanding, and I am a soft and sympathetic person by nature?