



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

By Stephen Evans-Howe

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...



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**