



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

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