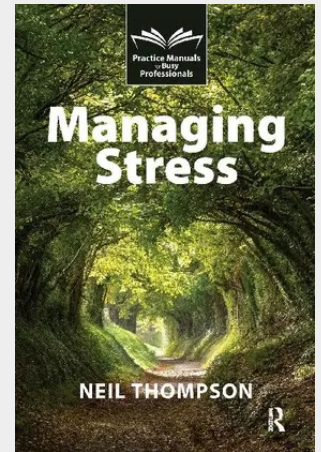


Thompson

Managing Stress

The Managing Stress Practice Manual, 2nd ed, provides the ideal stress management tool for practitioners across the public sector and professionals at all levels in business and management. The modern world of work is highly pressurised, with stress levels affecting workers' health and little to no understanding of the roots of stress, making workers feel overwhelmed and lacking the confidence to do anything about it. This book takes a holistic look at stress, offering clear and practical guidance on - how to manage pressure, - how to prevent stress, - what to do if stress arises and - how to deal with the aftermath of stress. By taking a deeper look, this book provides the reader with a full understanding, taking the narrow focus away from the individual themselves, and thereby taking away the 'blame the victim' message that can add to stress. This latest edition features new content including: - current pressures caused by Covid-19, - stress related to job insecurity, - financial stress and the cost of living crisis - issues around neurodiversity. It explains complex ideas clearly and accessibly, including practical examples and exercises throughout, with a repertoire of strategies and sources of help that will be invaluable to practitioners and business professionals alike.



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