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Titolo	The Wellbeing Workout : How to manage stress and develop resilience / / by Rick Hughes, Andrew Kinder, Cary L. Cooper
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Palgrave Macmillan, , 2019
ISBN	3-319-92552-0
Edizione	[1st ed. 2019.]
Descrizione fisica	1 online resource (xx, 367 pages)
Classificazione	44.28
Disciplina	615.321
Soggetti	Employee health promotion Business Manpower policy Health psychology Employee Health and Wellbeing Popular Science in Business and Management Human Resource Development Health Psychology Estrès (Psicologia) Benestar Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references (page 363) and index.
Nota di contenuto	Managing Workload Pressure -- Choice and Control -- Task Prioritisation -- Constructive Criticism and Managing Rejection -- Maximising Personal Efficiency -- Dealing with Difficult People -- Managing conflict at home and work -- Redundancy and retirement -- Work satisfaction -- Effective Delegation -- To Know or Not to Know -- How to Get on in Your Career -- Confident Public Speaking -- The Myths of Perfectionism -- Managing Change in Organisations -- Working with Global Uncertainty -- Personal Stress Management Toolkit -- Organisational savviness -- Networking and Your Dream Team -- Spotting signs of stress in others -- Relationship MOT -- When Relationships End -- Anxiety Management -- Living with Depression -- Changing negative thinking patterns -- Supporting

Elderly Dependents -- Bereavement and loss -- Stages in life -- Help: Asking for It and Finding It -- Being Childless or Child-Free -- Pregnancy and birth -- Parenting Pre-teens -- Parenting Teenagers -- When Children Leave Home -- Embracing a Mid-life Crisis -- Addictions -- Being single -- Personal Wellness Toolkit -- Pain Management -- Coping with illness -- Personal fulfilment, satisfaction and purpose -- Work-life balance -- Personal and professional development -- Acceptance strategies -- Emotional Intelligence -- Assertiveness -- Constructive Anger -- Developing self-confidence -- Setting Meaningful Goals -- Mindfulness -- Life Cycle Events: Losses and Gains -- Rest and Relaxation -- Looking After Yourself and Self-Care -- Problem-Focused Resilience -- Solution-focused Resilience -- Change-focused Resilience -- Managing a Crisis -- Avoiding Burnout -- How to Tolerate Ambiguity -- Procrastination.

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## Sommario/riassunto

If you want to get physically fit you start working out. But if you want results, you can't just do just any workout – you need one tailored to your own body's needs and personal situation. It's the same with wellbeing. What constitutes 'stress' to one person may be motivating, inspiring and focusing for another. Our capacity for resilience varies depending on individual circumstances and from situation to situation. What is consistent and universal is that we all struggle with stress and resilience, and we all need to be open to figuring out how best to effectively manage stress to create greater personal resilience that will itself help us to cope better. This book offers you an encyclopaedia of self-help options for you to adapt according to how you tick and to the circumstances you find yourself in at any given moment. It addresses 60 different issues, and for each one provides a short 'Spotlight' to understand the issue, 'Top Tips' for dealing with it, and an 'Action Plan' to put those tips into practice. Wellbeing is about managing the ebbs and flows of what life throws at us. It's a mindset, a personal commitment and an ongoing endeavour. But if we adopt a focused and sustained engagement with this journey, then we'll learn to embrace and reap the benefits of 'being well'.

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