

1. Record Nr.	UNINA9910454616903321
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Titolo	Transforming nurses' stress and anger [[electronic resource]] : steps toward healing / / Sandra P. Thomas
Pubbl/distr/stampa	New York, NY, : Springer Pub. Co., c2004
ISBN	0-8261-2896-3
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (333 p.)
Altri autori (Persone)	ThomasSandra P
Disciplina	610.73/06/99
Soggetti	Nursing - United States - Psychological aspects Nurses - Job stress - United States Nurses - Mental health - United States Anger in the workplace Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Rev. ed. of: Transforming nurses' anger and pain. c1998.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Telling our stories: what are nurses stressed and angry about? -- Exposing the consequences of mismanaged anger -- Differentiating between rational and irrational anger -- Modifying nonproductive anger styles -- Improving interactions with colleagues -- Forging alliances with patients -- Examining what we learned about anger when growing up -- Overcoming the legacy of a painful or abusive past -- Managing stress and caring for the self -- Claiming our power and using it -- Taking a new stance toward the concept of power -- Solving problems -- Dreaming the future of nursing.
Sommario/riassunto	Winner of an AJN Book of the Year Award!. This timely second edition is needed now more than ever. Overworked nurses in understaffed health institutions are experiencing considerable stress -- and anger -- which can take its toll in fatigue, physical health problems, depression, and substance abuse. This wise and eloquent book, written by the leading nurse expert on anger research, uses the stories of dozens of ordinary nurses and nurse leaders to describe the consequences of mismanaged anger. Specific strategies for channeling anger into personal and professional empowerment are described, al

