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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Part I: Understanding occupational stress1. Occupational stress and its consequences; 2. Identifying the causes of your occupational stress; Part II: Interventions for occupational stress; 3. Primary level interventions aimed at improving your work environment; 4. Living a healthy life style; 5. Developing effective time management skills; 6. Developing assertiveness skills; 7. Developing effective interpersonal skills; 8. Developing relaxation skills; 9. Changing the way you relate to your work; 10. Overcoming stress syndromes; Part III: Pulling it all together; 11. Developing a self-help plan
Sommario/riassunto	Occupational stress affects millions of people every year and is not only costly to the individual - in terms of their mental and physical health - but also results in major costs for organisations due to workplace absence and loss of productivity. This Cognitive Behaviour Therapy (CBT) based self-help guide will equip the user with the necessary tools and techniques to manage work related stress more effectively. Divided into three parts, this book will help you to: understand occupational

