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A LIFESPAN PERSPECTIVE ON EMOTION REGULATION, STRESS, AND WELL-BEING IN THE WORKPLACE
OCCUPATIONAL STRESS AND WELL-BEING AND THE ROLE OF EMOTION REGULATION; HOW AGING AFFECTS EMOTIONAL EXPERIENCE AND REACTIVITY TO AFFECTIVE WORK EVENTS; TOWARD AN INTEGRATIVE MODEL: HOW AGING AFFECTS THE OCCUPATIONAL STRESS AND WELL-BEING PROCESS; FUTURE RESEARCH DIRECTIONS; REFERENCES; UNDER PRESSURE: EXAMINING THE MEDIATING ROLE OF DISCRETE EMOTIONS BETWEEN JOB CONDITIONS AND WELL-BEING; STRESSOR-STRAIN THEORY; EMOTIONS AT WORK; RESEARCH LINKING STRESS AND EMOTIONS; PROPOSED MODEL THEORETICAL AND PRACTICAL IMPLICATIONSFUTURE DIRECTIONS; CONCLUSION; REFERENCES; SELF-CONSCIOUS EMOTIONS: A NEW DIRECTION FOR EMOTION RESEARCH IN OCCUPATIONAL STRESS AND WELL-BEING; THE SELF-CONSCIOUS EMOTIONS; SELF-CONSCIOUS EMOTIONS AND BEHAVIOR; SELF-CONSCIOUS EMOTIONS AND WORK; CONCLUSION; ACKNOWLEDGMENT; REFERENCES; RESTORYING A HARD DAY'S WORK; INTRODUCTION; EMOTION; ACTING OF EMOTION AT WORK; EMOTIONAL CONTAGION AND THE DEVELOPMENT OF EMOTIONAL CONTAGION EXCHANGE; EMOTIONAL RESTORYING; A PROCESS MODEL OF EMOTIONAL RESTORYING; PRACTICAL IMPLICATIONS; CONCLUSIONS AND FUTURE RESEARCH REFERENCES
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Sommario/riassunto

This series promotes theory and research in the growing area of occupational stress, health and well being, and in the process, showcases the work of the best researchers and theorists who contribute to this area. Furthermore, the series promotes the development of truly path-breaking contributions that significantly advance theory and provide specific directions for future work. Each volume of this series has a specific theme and provides a rich compilation of the insights of the top researchers from a variety of fields concerning what we know about work stress and well being and what the cri
