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Nota di contenuto	Cover; Contents; List of Checklists and Planners; Physician's Foreword; Educator's Foreword; Acknowledgments; About the Authors; Chapter 1 - Educational Leadership in a Culture of Stress; Stress and the School Principal; Stress and Central Office Personnel; Life Events and Workplace Stress; Stress and the Immune System; Redefining the Culture of Stress from a Healthier Perspective; Chapter 2 - Restructuring Personal and Leadership Priorities for a Healthy Lifestyle; Why Manage Priorities?; Identifying Your Priorities; Your Mirror Image of Self; Making Priorities Your Personal Mission Chapter 3 - Mastering the Science of Stress Management for Better HealthFactors Influencing Stress Levels; Identifying Your Stress Levels; Reducing Stress Levels; Chapter 4 - Using Physical Activity as a Professional and Personal Coping Strategy; Managing Perceived Work Demands; Finding Time for Physical Exercise; Walking; Stretching; Yoga; Pilates; Karate, Kung Fu, and Cardio Kickboxing; Therapeutic Massage; Additional Physical Activities to Investigate; Chapter 5 -

Desktop Yoga; Correct Breathing; Sitting Tree; Turning Bird; Tired Warrior; Desk Cobra; Nosey Neighbor; Alternate Breathing Head RotationLeg Wrap; Sitting Dog and Sitting Cat; Cross-Legged Meditation; Desk Rest; Chapter 6 - Immediate Stress Reducers; The Squeezer; The Breather; The Calmer; Your Stress Management Plan; Chapter 7 - Arresting Time Bandits at Home and at School; Perfectionism; Procrastination; Inability to Say "No"; Managing Your Personal and Professional Time Bandits; Chapter 8 - Using Nutrition to Support a Healthy Lifestyle; Schools as a Culture of Unhealthy Eating Habits; Redefining Food Choices from a Healthier Perspective; Important Numbers to Know Chapter 9 - What the Literature Says about Stress and School LeadershipPrincipals; School Superintendents; Leadership Stress and the Workplace; The Biology of Stress; References; Index

Sommario/riassunto

Restructure your personal and professional priorities by tackling the stresses of managing workplace environments, juggling competing priorities, and balancing personal and professional agendas.
