

1. Record Nr.	UNINA9910786479403321
Autore	Larrivee Barbara
Titolo	Cultivating teacher renewal [[electronic resource]] : guarding against stress and burnout / / Barbara Larrivee
Pubbl/distr/stampa	Lanham, MD, : Rowman & Littlefield Publishers, Inc., 2012
ISBN	1-283-83458-8 1-4758-0111-4
Descrizione fisica	1 online resource (217 p.)
Disciplina	371.102
Soggetti	Teachers - Job stress Burn out (Psychology) - Prevention Teaching - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Introduction; Part I. UNDERSTANDING THE MANY FACETS OF TEACHER STRESS AND BURNOUT; Ch01. The Consequences of Stress and Burnout; Ch02. Job Characteristics and Their Impact on Burnout and Well-Being; Ch03. The Vital Role of Social Support for Counteracting Burnout; Ch04. Teaching Is Emotional Labor; Ch05. Why Teacher Emotions Are Important; Part II. BECOMING STRESS HARDY: GUARDING AGAINST BURNOUT; Ch06. Approaches to Student and Classroom Behavior Management That Reduce Stress; Ch07. Modifying Destructive Ways of Thinking; Ch08. Changing the Way You Communicate with Yourself Ch09. Learning to Quiet the MindCh10. How to Thrive and Flourish: Sustaining Resilience, Optimism, and Hope; Epilogue; References
Sommario/riassunto	Teachers today are more stressed than ever. It is crucial that teachers develop the tools necessary to keep from falling prey to the potentially destructive effects of stress and burnout. Cultivating Teacher Renewal: Guarding Against Stress and Burnout offers the antidote by providing the knowledge, skills and practices that will keep teachers from surrendering to burnout.