Record Nr. UNINA9910787688903321 Autore McCormack Nancy Titolo Managing burnout in the workplace : a guide for information professionals / / Nancy McCormack and Catherine Cotter Oxford:,: Chandos Publishing,, 2013 Pubbl/distr/stampa **ISBN** 1-78063-400-5 Edizione [1st edition] Descrizione fisica 1 online resource (vii, 213 pages) Collana Chandos information professional series Gale eBooks Chandos information professional series, , 2052-210X Disciplina 158.7 Soggetti Burn out (Psychology) Information scientists - Job stress Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali "ISSN: 2052- 210X." Nota di bibliografia Includes bibliographical references and index. Nota di contenuto Cover; Managing Burnout in the Workplace: A guide for informationprofessionals; Copyright; Contents; About the authors; 1. What is burnout?; Introduction; What is burnout?; Conclusion; References; 2. Factors contributing to burnout; Introduction; Individual and sociodemographic factors; Environmental and organizational

factors; Conclusion; References; 3. Burnout and information professionals How we got this way; Introduction; Sources of workplace stress; Conclusion; References; 4. Are information professionals burned out? Research and opinion; Introduction; Research and opinion; Conclusion

References5. How burnout is measured in the workplace; Introduction; Burnout survey instruments; Conclusion; References; 6. Burnout: the legal perspective; Introduction; Burnout, stress, or post-traumatic stress?; Power imbalance between employees and employers; Canada; United States; United Kingdom; Conclusion; References; 7. Gender, burnout and workrelated stress; Introduction; Gender, burnout and workrelated stress; Conclusion; References; 8. Symptom recognition and preventing burnout; Introduction; What the employee can do: burnout prevention in six iob domains

What the employer can do: burnout prevention in six job

domainsConclusion; References; 9. Managing and overcoming burnout;

## Sommario/riassunto

Introduction; Conclusion: the joy of burnout; References; Index

Information professionals are under constant stress. Libraries are ushering in sweeping changes that involve the closing of branches and reference desks, wholesale dumping of print, disappearing space, and employment of non-professional staff to fill what have traditionally been the roles of librarians. Increasing workloads, constant interruptions, ceaseless change, continual downsizing, budget cuts, repetitive work, and the pressures of public services have caused burnout in many information professionals. Managing Burnout in the Workplace concentrates on the problem of burnout, what i