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| 1. Record Nr. | UNINA990002042130403321 |
| Autore | Delphy, Jean |
| Titolo | Vers et Nematelminthes / Jean Delphy |
| Pubbl/distr/stampa | Paris : Delagrave, 1935 |
| Descrizione fisica | 179 p. ; 21 cm |
| Disciplina | 595.1 |
| Locazione | DAGEN |
| Collocazione | 61 V E.5/02.01B |
| Lingua di pubblicazione | Francese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
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| 2. Record Nr. | UNINA9910790473903321 |
| Autore | Bamber Martin R. |
| Titolo | Overcoming your workplace stress : a CBT-based self-help guide // Martin R. Bamber |
| Pubbl/distr/stampa | Hove, East Sussex : , : Routledge, , 2011 |
| ISBN | 1-136-70560-0
1-283-46065-3
9786613460653
1-136-70561-9
0-203-81422-3 |
| Edizione | [1st ed.] |
| Descrizione fisica | 1 online resource (257 p.) |
| Disciplina | 158.7/2 |
| Soggetti | Stress (Psychology)
Job stress
Stress management
Cognitive therapy |
| 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 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 stress learn about a range of methods to reduce stress levels dev