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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Why we need stress management -- Understanding stress -- Stress in teaching -- Career development -- Relationships at work -- Dealing with difficult people -- Balancing personal and personal life -- Managing feelings -- Managing your health -- Stress management for life.
Sommario/riassunto	Teaching has long been recognised by researchers as one of the most stressful professions. However, only in recent years has the scale of occupational stress faced by teachers finally been addressed by government policy. In this ground-breaking book, Elizabeth Hartney provides readers with a basic understanding of stress, in the context of teaching in schools, and its effects on personal and professional well-being. Drawing on recent research into stress in teachers, the latest political changes affecting teachers, and stress management effectiveness, she suggests a wide range of strategies an