

1. Record Nr.	UNINA9910816669903321
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Titolo	Overcoming secondary stress in medical and nursing practice : a guide to professional resilience and personal well-being / / Robert J. Wicks
Pubbl/distr/stampa	New York, New York : , : Oxford University Press, , 2006 ©2006
ISBN	0-19-773639-4 1-280-42801-5 0-19-803845-3 1-60256-677-1
Descrizione fisica	1 online resource (214 p.)
Disciplina	610.69/01/9
Soggetti	Physicians - Job stress Nurses - Job stress Medical personnel - Job stress Physicians - Mental health Nurses - Mental health Medical personnel - Mental health Burn out (Psychology) - Prevention Resilience (Personality trait) Self-care, Health Stress management
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	Foreword; Contents; Introduction. Reaching Out . . . Without Being Pulled Down: Remaining Passionate in the Fields of Medicine, Nursing, and Allied Health-A Guide to Personal and Professional Well-Being; Chapter 1. Tacking On Dangerous Psychological Waters: Appreciating the Factors Involved in Chronic and Acute Secondary Stress; Chapter 2. "Riding the Dragon": Enhancing Self-Knowledge and Self-Talk in the Health Care Professional Chapter 3. Drawing from the Well of Wisdom: Three Core Spiritual Approaches to Maintaining Perspective and Strengthening the Inner Life

of the Physician, Nurse, and Allied Health Professional Chapter 4. The Simple Care of a Hopeful Heart: Developing a Personally Designed Self-Care Protocol; Epilogue. Passionate Journeys: Returning to the Wonders of Medicine, Nursing, and Allied Health; Bibliography; Index

Sommario/riassunto

Suitable for physicians, nurses, and allied health professionals, this book helps them understand acute and chronic secondary stress, develop a personally designed self-care protocol, and strengthen one's inner life. It also features a "Medical-Nursing Professional Secondary Stress Self-Awareness Questionnaire" that can be self-administered.
