

# Managing Workplace Stress

[DOWNLOAD HERE](#)

This book is focussed at those who are working or are about to enter the workplace. According to the book, workplace may be defined as 'any environment enabling work to be done'. This broader definition will make the workplace include any situation or place where people interact to exchange knowledge and information. The book discusses the various anxiety and stress inducing events that one faces in the workplace and the ways to cope with them, using Rational Emotive Behaviour Therapy (REBT), and Cognitive Therapy (CT). These techniques are the most widely used psychotherapeutic techniques and their effectiveness has been tested scientifically throughout the world. The book attempts to show as to how Cognitive Behaviour Therapy (umbrella term for CT and REBT) can be used to challenge and overcome workplace stress issues such as criticism, abuse, animosity, conflicts, disagreements, insubordination, organisational politics, favouritism, prejudices, discriminations, job uncertainties, extreme work pressures, excessive workloads, poor job designs, job mismatches, role conflicts, role ambiguities, cultural and ethical maladjustments, workplace boredom and anger problems by realistically and accurately interpreting events at the workplace. It includes plenty of real-life stress producing scenarios as examples and specific techniques to challenge them. Moreover, it tries to analyze and solve workplace stress issues in a very lucid, simple and direct manner so that it appeals to and is understood by a wide range of people. The book is based on research and studies in the area of internal marketing, psychological counselling and workplace stress, and is the product of years of surveys and professional interactions in the industry and the academia. EAN/ISBN : 9788132206835 Publisher(s): Springer, Berlin, Springer India Discussed keywords: Human Resource Management, Stress Format: ePub/PDF Author(s): Choudhury, Koushiki

[DOWNLOAD HERE](#)

## Similar manuals:

[Stressed Woman With Telephones](#)

[Stressed Office Clerk](#)

[Stressed Office Clerk](#)

[Stressed Office Clerk With Dictaphone](#)

[Stressed Office Clerk](#)

[Stressed Office Clerk](#)

[Stressed Mother With Child At Work](#)

[Stressed, Overcharged Businesswoman At The Office](#)

[Stressed, Overcharged Businesswoman At The Office](#)

[Symbol For Mobile Phone Stress - Young Woman Making Phone Calls With Two Mobile Phones](#)

[Keyboard Featuring Panic Key: Symbol For Computer-induced Stress](#)

[Businessman Wearing A Suit Engaged In A Stressful Phone Call With A Client](#)

[Young, Stressed Woman Using Laptop](#)

[Stressed, Worried Manager Grasping His Forehead, Looking Gloomy](#)

[Stressed Young Woman Holding Her Temples](#)

[Office Worker Or Business Woman Stressed Out](#)

[Business Woman With Mobile Phone, Under Stress, With An Appointment Calendar](#)

[Stressed Manager](#)

[Stressed Manager](#)

[Stressed Manager](#)

[Stressed Manager](#)

[Stressed Manager](#)

[Stressed Manager](#)

[Stressed Manager](#)

[Stressed Manager](#)

[Stressed Out Man](#)

[Stressed Out Man](#)

[Stressed Boy With A Book](#)

[Bandaged Piggy Bank With A Stethoscope, Symbolic Image For Health Insurance Companies In Financial Distress](#)

[Fighting Invisible Tigers: Stress Management For Teens \(Revised & Updated Third Edition\) - Earl Hipp](#)

[Diseased Norway Spruce \(Picea Abies\) In The High Mountains With Yellow Stress Shoots, Weather Spruce, Wendelstein Mountains, Bavaria, Germany, Europe](#)

[Man Sitting Casually On The Floor, Burn-out, Stress, Fatigue, Isolation, Loneliness And Self-doubt](#)

[Man Sitting Casually On The Floor, Burn-out, Stress, Fatigue, Isolation, Loneliness And Self-doubt](#)

[Man Sitting Casually On The Floor, Burn-out, Stress, Fatigue, Isolation, Loneliness And Self-doubt](#)

[Man Sitting Casually On The Floor, Burn-out, Stress, Fatigue, Isolation, Loneliness And Self-doubt](#)

[Man Sitting Casually On The Floor, Burn-out, Stress, Fatigue, Isolation, Loneliness And Self-doubt](#)

[Man Sitting Casually On The Floor, Burn-out, Stress, Fatigue, Isolation, Loneliness And Self-doubt](#)

[The Best Meditations On The Planet: 100 Techniques To Beat Stress, Improve Health, And Create Happiness-In Just Minutes A Day - , Skye Alexander](#)

[Stress Proof Your Business And Your Life: 52 Brilliant Ideas For Taking Control - , Steve Pipe](#)

[Colleagues In Office, Stressed Woman](#)

[Young Asian Student Sitting At Desk With Many Books, Stressed, Tired](#)

[Distressed Looking Elderly Man Wearing A Black Woollen Hat](#)

[Distressed Looking Elderly Man Wearing A Black Woollen Hat](#)

[Stress-Free Diabetes: Your Guide To Health And Happiness - Joseph Napora](#)

[Stress Management](#)

[Christmas Stress](#)

[Mistress, Inc. - Niobia Bryant](#)

[Encyclopedia Of Stress, Three-Volume Set](#)

[Empowerment Practice With Families In Distress - Judith Bula Wise](#)

[The Kings' Mistresses: The Liberated Lives Of Marie Mancini, Princess Colonna, And Her Sister Hortense, Duchess Mazarin - Elizabeth C. Goldsmith](#)