

Stress Management Interventions In The Workplace Stress

Gain a critical understanding of the nature of stress from a positive psychology framework that allows you to look beyond a simple pathology of stress-related symptoms. This new edition of Stress Management and Prevention integrates Eastern and Western concepts of stress while emphasizing an experiential approach to learning through the use of exercises, activities, and self-reflection. This student-friendly text contains chapters on conflict resolution, mindfulness meditation, time management, prevention of health risks, and cognitive restructuring. Included throughout are an emphasis on mindfulness and the neuroscience behind it, more theories, and new techniques for stress reduction and time management. An updated companion website includes even more video-based activities so students can see techniques in practice.

Ideal for use in teacher workshops, this book provides vital coping and problem-solving skills for managing the everyday stresses of the classroom. Specific strategies help teachers at any grade level gain awareness of the ways they respond in stressful situations and improve their overall well-being and effectiveness. Each chapter offers efficient tools for individuals, as well as group exercises. Teachers' stories are woven throughout. In a large-size format with lay-flat binding for easy photocopying, the book includes 45 self-monitoring forms, worksheets, and other handouts. Purchasers also get access to a Web page where they can download and print the reproducible materials. This book is in The Guilford Practical Intervention in the Schools Series, edited by T. Chris Riley-Tillman.

The contributions in Creating Healthy Workplaces include a number of interventions that relate the efforts undertaken by researchers and organizations together, to reduce stress and improve the mental and physical health of employees through positive change initiatives. Those working in the field of occupational stress have received criticism that too much emphasis has been placed on negative issues and that positive initiatives have been largely ignored. With the growing influence of the positive movement, this book explores the implications of using a positive approach as opposed to a stress management one and compares the types of interventions they each require.

From a positive perspective, there is a need to understand the characteristics of healthy, thriving, and flourishing people and organizations. This book explores the implications of using a positive approach as opposed to a stress management one. Some of the interventions described in Creating Healthy Workplaces target individuals and their attitudes and behaviours, others target workplace relationships, work units and the wider organization. Outcomes such as reduced occurrences of smoking, obesity, depression, elevated blood pressure, accidents and workplace injuries, presenteeism, absence and staff turnover are reported. The factors associated with the success of these interventions are identified and advice is given as to how interested individuals and organizations might proceed to develop worksite interventions on their own.

A Comprehensive Workbook

Practical Stress Management

Stress Management Interventions at Work

Cognitive-Affective Stress Management Training

Occupational Stress Management

Ecological and Momentary Daily Assessment of Stress, Mood, Coping and Heart Rate Throughout Workplace Stress Management Interventions [microform]

Providing a solid basis for further study in stress management, Auerbach and Gramling focus on the framework necessary for the development and application of a wide range of stress management procedures. The relationship between stress and illness is traced throughout the text, thus providing a context in which to use these procedures. This text is especially helpful in offering students the opportunity to learn how to apply stress management techniques to their own lives with detailed explanations of how these techniques can be applied. It has been designed to be used together with the authors' companion skills-training workbook which teaches how and when to use particular interventions to deal with specific stress-related problems, and how to monitor the effectiveness of those interventions.

Practical Stress Management: A Comprehensive Workbook, Seventh Edition, is a focused, personal, worksheet-based text that combines theory and principles with hands-on exercises to help readers manage the negative impact of stress in life. As a practical tool for recognizing and preventing stress, the action-oriented approach enables the student to make personal change through self-reflection and behavior change techniques. This approach allows the book to be used as a text in a course or as a self-study/reference book. In this edition, the authors cover financial stress and expand their section on sleep. The book is accompanied by online MP3 files of guided relaxation techniques and downloadable worksheets. In addition, worksheets and thoughts for reflection boxes help users determine their own level of stress and apply effective stress management techniques. Completely revised, including updated stress management techniques and references, along with further readings in each chapter Updated websites accompany each chapter Includes ten new worksheets, along with an updating of remaining worksheets Contains 'thoughts for reflection' boxes that highlight meditation techniques throughout the world

This volume draws together leading experts in the fields of stress management and counselling. It covers both management and occupational aspects of stress counselling and also focuses on important issues of research and evaluation. It explores the biological and psychological aspects of stress and stress management, and includes a number of therapeutic approaches to stress counselling and stress management. This state-of-the-art discussion raises important issues for both the researcher and practitioner, especially in the area of work-related stress.

The Effect of Stress Management Interventions on Students' Grades, Moods, and Overall Stress Levels

A Comparison of a Computer-based and a Group-based Stress Management Intervention

Psychological Foundations

Stress Management Intervention for Women with Breast Cancer

Cognitive-Behavioral Stress Management

The Efficacy of Workplace Stress-management Interventions in Reducing Workplace Stress

This volume provides a thought-provoking and timely alternative to prevailing approaches to stress at work. These invariably present stress as a 'fact of modern life' and assume it is the "individual" who must take primary responsibility for his or her capacity - or incapacity - to cope. This book, by contrast, sets stress at work in the context of wider debates about emotion, subjectivity and power in organizations, viewing it as an emotional product of the social and political features of work and organizational life. Tim Newton analyzes the historical development of the dominant stress discourse' in modern psychology and elsewhere. Drawing on a range of perspectives - from labour process theory to the work of Foucault and Elias - he explores other possible ways of understanding stress at work. He offers a cogent critique of the typical stress management interventions in organizations through which employees are supposed to increase their effectiveness and become stress-fit'. With contributions from two colleagues, he explores various ways of rewriting' stress at work. Together they emphasize the gendered nature of stress, the collective production and reproduction of stressful work experiences, and the relation of stress to issues of emotion management and control in organizations.

In 1981, Plenum Press published a text entitled The Nature and Treatment of the Stress Response by Robert Rosenfeld, M. D. , and me. That text attempted to do what no other text from a major publisher had previously attempted, that is, to create a clinically practical guide for the treatment of excessive stress and its arousal-related syndromes-this to be captured between the same covers in combination with a detailed, clinically relevant pedagogy on the neurological and endocrinological foundations of the stress response itself. That volume has enjoyed considerable success having found markets among practicing professionals and clinical students as well. The fields of psychosomatic medicine, health psychology, behavioral medicine, and applied stress research have appreciably expanded their boundaries since the publication of the aforementioned volume. Although remarkably little of the clinical utility of that volume has been eroded with time, it was felt that an updated and more integrative clinical textbook needed to be offered to practicing clinicians and students within clinical rather than simply create a second edition of training programs. Therefore, was made to create a significantly revised the original volume, the decision and expanded volume that would cover many of the same topics as the original volume but would provide a primary emphasis on the treatment of excessive stress and that would employ an integrative phenomenological model to facilitate that end. This present volume entitled A Clinical Guide to the Treatment of the Human Stress Response is the result.

This project has considered the potential for developing, implementing and evaluating stress management interventions in the workplace.

Stress Management in the Workplace

Psychological and Physical Effects of Occupational Health and Stress Management Interventions

An Integrated Approach to Therapy

A Proactive Guide

Stress Management and Prevention

Stress Management Interventions and Strategies for Elementary Aged School Children

"This research project deals with the difficulties encountered when designing organizationally sponsored worksite stress management interventions without consideration of employee characteristics."--Leaf 1.

Stress Management Intervention for Women with Breast CancerAmer Psychological Assn

The present study was intended to be a methodologically sound test of the efficacy of three stress management interventions for the purpose of prevention. The long-term impact of several comprehensive stress management interventions was compared on the aspects of coping ability being targeted by the programs, stress, and the adverse effects of stress. Subjects were asymptomatic male business managers and supervisors. Effects of stress were measured by multiple outcomes including psychological and physical health, and work-related variables. Two intensive training programs, cognitive-behavioural coping skills training, and aerobic-exercise and fitness training, and a practically oriented brief-intervention educational program were compared. Methodological problems of past research were addressed, including systematically choosing the comprehensive list of measures and the interventions on the basis of an understanding of the process of stress, and evaluating the maintenance of effects over a one-year period after the interventions. The findings of a single repeated-measures statistical test demonstrated an ameliorative effect after the treatment period for all three interventions on coping skills, cognitive behavioural coping efficacy, subjective stress, quality of life, and an index of physical health. The effects were maintained with coping skills both six months and one year later, and with the physical health measure one year later. The mechanism of the effects over time cannot be stated definitively, although it seems reasonable to suggest that the observed impact resulted from some common component of the treatment interventions, such as the information in the educational package, or the therapeutic expectation of change. Other possibilities are discussed. It seems that 10 weeks of training in these stress management techniques did not give any additional benefit to a two-hour comprehensive and practically oriented educational program. On the basis of the present results, as well as past evaluative research and the ultimate goal of primary prevention to reach the largest numbers of people possible, it is difficult to argue for the use of intensive stress management training with asymptomatic subjects. It seems that low intensive, low cost, and thus more accessible programs, such as the educational intervention in the present study, may be more appropriate for the purpose of primary prevention.

A Survey of Expert Opinion

Theory, Practice, Research and Methodology

'Managing' Stress

Stress Management for Teachers

Stress management interventions in industry

Emotion and Power at Work

This title was first published in 2001. A discussion of managerial, occupational and organizational stress research. The volume is in seven parts. The first part explores the theoretical or conceptual frameworks in occupational and organizational stress that have developed out of empirical work and work with others in different countries. The second part provides the reader with reviews of literature on different topics in the field of workplace stress. Part Three highlights a range of studies undertaken by UMIST and their collaborating colleagues in different institutions. The research that highlights issues and problems of current relevance is found in the fourth part, while the methodological studies involving instrument development, refining of existing measures, and more, is found in Part Five. The studies linking stress and health follows on from this, and the new area of investigation, evaluating stress management interventions, concludes this survey of research in this field.

Living with HIV can be stressful, which can affect both your emotional and physical well-being. You may feel a loss of control over your life, socially isolated, or anxious and depressed. Studies have shown that prolonged stress can negatively impact the immune system, making it less effective in fighting illness. If you are concerned about the impact stress has on your life and on your health, this book can help you learn to relax and manage stress more effectively. This book presents a group treatment program that has been scientifically proven to reduce stress in individuals living with HIV. Written by the developers of this groundbreaking program, this workbook is based on the principles of Cognitive-Behavioral Stress Management (CBSM). You will learn a variety of relaxation techniques, all designed to help you reduce tension and stress. As you become more aware of stress and its effects, stress management skills will increase your ability to cope. This workbook comes complete with user-friendly monitoring forms and homework exercises designed to help reinforce the skills learned in group. It also includes instructions for relaxation practice that will remain useful long after you've completed the program. Used in conjunction with the group program described in the corresponding facilitator guide, this workbook will help you successfully manage stress and lead a more healthy life. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Annotation This book/manual package provides a clinical framework for health professionals who wish to offer group psychosocial support to breast cancer patients. The package trains therapists to help group members cope with the diagnosis of breast cancer and its treatment and provides empirical validation for the program's techniques. Session- by-session guidelines are supplied in the therapist's manual for each module of the program. A separate companion workbook for group participants is also available. Antoni is professor of psychology, psychiatry, and behavioral sciences at the University of Miami. Annotation c. Book News, Inc., Portland, OR (booknews.com).

Stress Management Interventions and Predictors of Long-term Health

A Handbook of Counselling for Stress at Work

A Case Study

Auditing Stress Among Social Services Employees Prior to Stress Management Interventions

Stress Management and Counselling

Investigating Employee Perceptions of the Effectiveness of Stress Management Interventions

guide for clinicians from all disciplines to help conceptualize and control stress in clients in a clinical setting. It presents a definition of stress that is operational in a therapeutic context, and suggests ways of translating this understanding into effective counseling.

Today, occupational stress management is of high importance for organisational effectiveness and has become one of the most popular methods within the scope of work-site health promotion activities. Evaluation research on the effectiveness of stress management interventions started in the early 1970's and was mainly focused on individual-oriented stress management training. The number of evaluation studies on organizational-oriented stress management interventions is still very small and many questions such as the moderating role of process variables are not yet answered. This book gives an overview on occupational stress management interventions on the organisational level as well as on the individual level and explains how interventions on both levels may be combined. So far studies evaluating those combined approaches are hardly available. The study presented in this book aims at contributing to the extension of knowledge in this research field by evaluating an occupational stress management intervention combining individual and organizational oriented activities. The intervention has been realised in an European subsidiary of a large American enterprise in chemical industry. Special emphasis is placed on the role of process variables and their relation to intervention effectiveness. On this basis practical recommendations to improve process quality and effectiveness of occupational stress management programs are provided. The book addresses professionals and scientists who are active in the field of occupational health and stress management.

An excellent introduction.... Readers of this journal looking for a brief but comprehensive introduction to the field of stress management will find this book to be more than adequate for this purpose. Perhaps the book's greatest strength is the way it has managed to combine insights and research from both occupational psychology and clinical psychology to tackle workplace stress. Cary Cooper would surely be pleased with the authors' efforts at what he has termed "clinical occupational" psychology" - "International Journal of Social Psychiatry" This practical guide focuses on the intervention strategies which can be employed by counsellors to help individuals suffering from emotional and physiological stresses engendered in the workplace. With key points illustrated by case studies, chapters define the nature of occupational stress and provide information about the emotional, behavioural, physiological and cognitive symptoms which can occur. The authors also discuss the factors influencing the problem: factors which can be tied to the individual, to the work setting and to the larger social context. Specific coping strategies explored are targeted both at the individual, for example relaxation training and stress management programmes, and at the workplace, for instance job redesign and career planning. Finally, methods that practitioners can use to evaluate their interventions are presented in detail.

Matching Coping Styles with Stress Management Interventions

Prospectively Controlled Studies on Long-term Pain Patients and a Healthy Sample from IT- and Media Companies

Applications to Daily Life

the role of process variables

Stress Reduction, Improved Well-being, and Organizational Effectiveness

Stress Management: From Basic Science to Better Practice examines documented pathways between stress and health and develops the scientific foundations for sound interventions. The book begins with a broad review of the term 'stress' and its importance for health. The text then provides a critical examination of the elements of the stress process, extracts supporting research for a rationale of stress management and describes various stress management techniques and their effectiveness.

This Encyclopedia goes beyond other references in the field to offer concise and comprehensive coverage of assessment, treatment and rehabilitation in a single source, with more than fifteen hundred entries with linked cross-references and suggested readings.

Grounded in extensive research, this book presents a brief emotion-focused coping skills program that helps clients regulate their affective responses in stressful situations. Cognitive-affective stress management training (CASMT) promotes resilience by integrating cognitive-behavioral strategies with relaxation training, mindfulness, and other techniques. Systematic guidelines are provided for implementing CASMT with individuals or groups. The book includes detailed instructions for using induced affect, a procedure that elicits arousal in session and enables clients to practice new emotion regulation skills. Purchasers get access to a companion website where they can download and print the volume's 16 reproducible handouts and forms in a convenient 8 1/2" x 11" size, and can also download a muscle relaxation training audio track.

Occupational Stress and the Effectiveness of Stress Management Interventions in a Kenyan Transport Company

Matching Interventions with Employee Characteristics

A Study of the Utilization of Stress Management Interventions and Health/fitness Promotions by Employees of the Recreation Department of the City of San Mateo

Intervention in Occupational Stress

Interacting Effects on Responses to Stress

The Effect of Progressive Muscle Relaxation and Stress Management Interventions on Anxiety, Stress, and Locus of Control of Paramedics

Ideal for use in teacher workshops, this book provides vital coping and problem-solving skills for managing the everyday stresses of the classroom. Specific strategies help teachers at any grade level gain awareness of the ways they respond in stressful situations and improve their overall well-being and effectiveness. Each chapter offers efficient tools for individuals, as well as group exercises. Teachers' stories are woven throughout. In a large-size format with lay-flat binding for easy photocopying, the book includes 45 self-monitoring forms, worksheets, and other handouts. Purchasers also get access to a Web page where they can download and print the reproducible materials. This book is in The Guilford Practical Intervention in the Schools Series.

A Clinical Guide to the Treatment of the Human Stress Response

Encyclopedia of Clinical Neuropsychology

Review of Effectiveness of Interventions for the Management of Stress at Work

Managerial, Occupational and Organizational Stress Research

Occupational Stress Management Interventions for Bus Drivers

A Comparison of Aerobic Conditioning and Stress Inoculation as Stress-management Interventions