Stress Management Interventions In The Workplace Stress

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Review of Effectiveness of Interventions for the Management of Stress at Work
A Stress Management Intervention with Forgiveness as the Goal
Psychological and Physical Effects of Occupational Health and Stress Management Interventions
Occupational Stress Management Interventions for Bus Drivers
Stress Management in the Workplace
Investigating Employee Perceptions of the Effectiveness of Stress Management Interventions in Kenyan Transport Company
Stress Management as Prevention of the Effects of Stress
A Comparison of Aerobic Conditioning and Stress Inoculation as Stress-management Interventions
A Comparison of Comprehensive Approaches
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The Effect of Progressive Muscle Relaxation and Stress Management Interventions on Anxiety, Stress, and Locus of Control of Paramedics
The Effect of Stress Management Interventions in a Kenyan Transport Company
Occupational Stress Management Stress Management Evaluation of a Clergy Stress Management Intervention
Ecological and Momentary Daily Assessment of Stress, Mood, Coping and Heart Rate Throughout Workplace Stress Management Interventions
Principles and Practice of Stress Management
Improving Organizational Interventions for Stress and Well-being
Auditing Stress Among Social Services Employees Prior to Stress Management Interventions
Matching Coping Styles with Stress Management Interventions
Practical Stress Management
The Effectiveness of Workplace Web-based Occupational Stress Management Interventions
The Effectiveness of Workplace Web-based Occupational Stress Management Interventions
Creating Healthy Workplaces
Intervention in Occupational Stress
Stress Management and Counselling
Stress Management Intervention for Women with Breast Cancer
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Job Stress Interventions
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Review of Effectiveness of Interventions for the Management of Stress at Work

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.

A Stress Management Intervention with Forgiveness as the Goal

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

Psychological and Physical Effects of Occupational Health and Stress Management Interventions

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.

Occupational Stress Management Interventions for Bus Drivers

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Stress Management in the Workplace

Leading theorists and researchers explore the concept of stress in this relevant and well-timed volume. Physicians, psychologists, sociologists, and social psychologists who have been engaged in stress-related projects offer exciting and practical suggestions for applying organizational behavior management principles to the problem of stress. They share timely discussions on the causes and implications of job stress, which affects all levels of employees in business and industrial settings. This stimulating volume addresses the major theoretical perspectives and interpretations of job stress—from the diverse fields of medicine, clinical psychology, engineering psychology, and organizational psychology and proposes stress measurement and stress management interventions. A fascinating review of the empirical research on stress indicates the present state of study on the subject and emphasizes the need for more applied research using OBM principles. There is currently a great deal of disagreement about the meaning of job stress, its effects on people and organizations, and strategies for coping with the phenomenon. The effects of stress on individuals and organizations are thoroughly explored in this timely volume.

Investigating Employee Perceptions of the Effectiveness of Stress Management Interventions

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, behavioral, 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.

Stress Management as Prevention of the Effects of Stress [microform] : a Comparison of Comprehensive Approaches

The book is a highly original contribution to community psychological knowledge and intervention in its special focus on religious institutions and spiritual communities in general, and in particular those serving the needs of communities historically discriminated against by the apartheid policy. It advances in-depth knowledge and specialist expertise into the hitherto under-researched and life-sustaining area of socio-spiritual community dynamics and healing. The researcher brought vast specialized experience and expertise in his interventions, which, through their therapeutic value to thirty-three, first-line pastoral trauma counselors, has far reaching and ongoing therapeutic community psychological effects in the four respective communities. In its recharging of inherent spiritual resources that mediate and reduce the experience of clergy stress, the process is self-sustaining. As qualitative research, the thesis has an outstanding authenticity. The general phenomenological and community psychological approach and style of the researcher affords the reader an experience of collaborative learning as guest, partner and ally to the four religious communities. Prof Steve Edwards.

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

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

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

Occupational Stress Management

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.

Stress Management

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.

Evaluation of a Clergy Stress Management Intervention

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

Principles and Practice of Stress Management, Fourth Edition

Improving Organizational Interventions for Stress and Well-being

Auditing Stress Among Social Services Employees Prior to Stress Management Interventions

Matching Coping Styles with Stress Management Interventions

Practical Stress Management

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.

The Effectiveness of Workplace Web-based Occupational Stress Management Interventions on the Health and Wellbeing of
Employees from All Private and Public Sectors

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.

Creating Healthy Workplaces

Intervention in Occupational Stress

Downsizing, reorganization, global competition, and constantly changing technology are some of the sources for job stress in the US workforce. Here, 27 empirical studies present models for intervening both at the individual level and the organizational and policy level. They investigate topics including stress management training, the promotion of coping strategies among unemployed workers, post-traumatic stress, and policy and legislation issues such as workers’ compensation claims.

Stress Management and Counselling

Stress Management Intervention for Women with Breast Cancer

Stress Management Interventions and Strategies for Elementary Aged School Children

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 evaliative 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.

Stress Management

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

This book brings together a number of experts in the field of organizational interventions for stress and well-being, and discusses the importance of process and context issues to the success or failure of such interventions. The book explores how context and process can be incorporated into program evaluation, providing examples of how this can be done, and offers insights that aim to improve working life. Although there is a substantial body of research supporting a causal
Stress Management Interventions at Work

Effectiveness and Practicality of Occupational Stress Management Interventions

The Stress and Mood Management Program for Individuals With Multiple Sclerosis

Cognitive-Behavioral Stress Management

Today, occupational stress management is of high importance for organisational effectiveness and has become one of the most popular methods within the scope of worksite 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 organisational 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.

The Oxford Handbook of Psychoneuroimmunology

Job Stress Interventions

"The leading clinical reference and text on stress management has now been significantly revised with 60% new material reflecting key developments in the field. Foremost experts review the "whats," "whys," and "how-tos" of progressive relaxation, biofeedback, meditation, hypnosis, cognitive methods, and other therapies. Chapters describe each method's theoretical foundations, evidence base, procedures, applications, and contraindications. Assessment and implementation are illustrated with extensive case examples. The volume examines the effects of stress on both mind and body, from basic science to practical implications for everyday life and health care. Subject areas/key words: managing, reduction, relaxation, mindfulness, meditation, pain, biofeedback, interventions, anxiety disorders, techniques, psychotherapy, hypnosis, cognitive therapy, breathing retraining, treatments, textbooks, clinical health psychology, behavioral medicine, psychosomatic Audience: Clinical and health psychologists, psychiatrists, clinical social workers, counselors, and nurses; advanced students in these fields"--

Stress Management Interventions and Predictors of Long-term Health

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/eqw) offers downloadable clinical tools and helpful resources. Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Stress Management

This volume collects the state-of-the-art applications of psychological theory to the interactions among the mind, the nervous system, and the immune system, including applications drawn from affective science, developmental psychology, behavioral neuroscience, and clinical psychology.

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

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

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

Creating Healthy Workplaces

Multiple Sclerosis presents not only physical challenges, but emotional challenges as well. Many people with MS suffer from depression, anxiety and stress. Problems with mood and stress can interfere with your relationships with others, reduce your ability to meet your obligations at work and at home, and substantially worsen your overall quality of life. If you have MS and are experiencing problems with mood and stress, this workbook can help. The stress and mood management program described in this book is backed by research and has proven effective in clinical trials. Based on the principles of cognitive-behavioral therapy (CBT), one of the most effective therapeutic techniques available for combating depression and anxiety, this program can help you manage stress and improve your well-being. In Part I of the program, you will learn skills for identifying and challenging your unhelpful thoughts, as well as how to motivate yourself to reengage in pleasant activities. In Part II, you will choose those treatment modules that apply to you and your specific MS-related problems. Choices include modules on managing symptoms like fatigue, pain, and cognitive problems, and improving communication and assertiveness skills, among others. If you take injectable medications and have a fear of injecting yourself, the module on self-injection anxiety will also prove useful. Complete with user-friendly forms and worksheets, this workbook provides all the materials you need to supplement treatment with a qualified mental health professional. If you are a highly motivated individual, you may have success using this book on your own. Whatever the setting, the stress and mood management program will give you the tools to handle the stresses of your disease and improve the overall quality of your life.

Stress management interventions in industry