



TEACH YOURSELF

*managing*  
**STRESS**

# Teach Yourself Managing Stress

**Michael Hoelscher**



## **Teach Yourself Managing Stress:**

Teach Yourself Managing Stress Terry Looker, Olga Gregson, 1998-02 Stress affects us all Although some stress can lead to stimulation creativity and success it can also be detrimental to our health relationships and performance Terry Looker and Olga Gregson have drawn on extensive experience gained from their highly acclaimed Stresswise program a practical guide to dealing with stress leading to a healthier more relaxed and enjoyable way of life to write Teach Yourself Managing Stress In this book you will be able to assess your own stress identify your sources of stress learn how stress affects your health learn a variety of coping strategies develop your own stress management plan Book jacket

**Teach Yourself Managing Stress, New Edition** Terry Looker, Olga Gregson, 2009-05-06 Get a handle on your stress Teach Yourself Managing Stress explains why you feel stressed and how to do something about it It will give you some simple guidelines about the sources of stress and then explain all the different strategies you can use to deal with it It shows you how better physical health can lead to better mental health gives practical information on things like decluttering and work life balance and explains what the new discoveries of NLP and similar techniques can do to help you banish stress forever

*Manage Your Stress for a Happier Life: Teach Yourself* Terry Looker, 2011-03-03 Teach Yourself the world's leading learning brand is relaunched in 2010 as a multi platform experience that will keep you motivated to achieve your goals Let our expert author guide you through this brand new edition with personal insights tips energising self tests and summaries throughout the book Go online at [www.teachyourself.com](http://www.teachyourself.com) for tests extension articles and a vibrant community of like minded learners And if you don't have much time don't worry every book gives you 1 5 and 10 minute bites of learning to get you started Free yourself from stress Learn how to find work life balance Feel mentally and physically healthy Assess and treat your stress with the free biodots included This book explains why you feel stressed and how to do something about it It includes a free package of biodots which will help you diagnose and manage your stress it will also explain the causes of your tension and show you all the different strategies you can use to deal with it It explains how better physical health can lead to better mental health gives practical information on things like decluttering and work life balance and reveals what the new discoveries of NLP and similar techniques can do to help you banish stress forever

Teach Yourself Managing Stress Albert Canales, 2014-11-01 It may seem that there's nothing you can do about stress The bills won't stop coming there will never be more hours in the day and your career and family responsibilities will always be demanding But you have more control than you might think In fact the simple realization that you're in control of your life is the foundation of stress management Managing stress is all about taking charge of your thoughts emotions schedule and the way you deal with problems Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress especially chronic stress usually for the purpose of improving everyday functioning In this context the term stress refers only to a stress with significant negative consequences or distress in the terminology advocated by Hans Selye rather than what he calls eustress a stress

whose consequences are helpful or otherwise positive Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors These can include physical health decline as well as depression The process of stress management is named as one of the keys to a happy and successful life in modern society Although life provides numerous demands that can prove difficult to handle stress management provides a number of ways to manage anxiety and maintain overall well being Despite stress often being thought of as a subjective experience levels of stress are readily measurable using various physiological tests similar to those used in polygraphs Many practical stress management techniques are available some for use by health professionals and others for self help which may help an individual reduce their levels of stress provide positive feelings of control over one's life and promote general well being

### **Managing Stress**

Terry Looker, Olga Gregson, 1997 *Managing Stress at Work in a Week: Teach Yourself* Stephen Evans-Howe, 2016-04-05 Managing stress just got easier This book is written for managers as a simple practical guide to the principles and techniques for managing stress at work It looks at stress from an organizational perspective as well as highlighting practical steps individual managers can take to enable them to gain competitive advantage through effective management of their most valuable asset their people Even if you have no direct line management responsibilities now you can use what you have learnt to influence decision makers perhaps even your own line manager to better manage stress in the workplace This book will help you understand what stress is why we get stressed and some of its physiological and psychological symptoms You will learn about some of the background research into the psychology of stress and consider a variety of theories and models More importantly with this simple guidance practical techniques and some relevant examples you will be able to create a challenging and supportive environment where people know what is expected work hard avoid burnout and make a real impact in your organization As well as managing the stress of others at work you will also find some useful tips and suggestions that you can adopt to take personal charge of your own stress levels allowing you to relax keep healthy and stay on top Each of the seven chapters in *Managing Stress In A Week* covers a different aspect of stress Sunday What is stress Monday Understanding stress some basic psychological and physiological aspects Tuesday Job roles responsibility and level of control Wednesday Workload work pressure and work environment Thursday Behaviours conflict and support Friday Change management Saturday Personal responsibility and actions

### **Manage Your Anger: Teach Yourself**

Sandi Mann, 2012-12-28 If people perceive you to have an anger management problem it's likely you spend most of your time dealing with the consequences of this rather than the causes This practical book full of diagnostic questionnaires and immediately applicable advice will help you to understand the causes of your angry reactions and instead channel your emotions into directions which will enable you to have more successful relationships in your business and personal life

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this book provides a comprehensive look at psychology in almost every area of day to day living It covers 18 different areas of applied psychology explaining how psychologists work in the community as a whole and how psychology is applied to working life and broader aspects of living The book also includes well developed but unknown areas such as space psychology and eco psychology showing the scope of applied psychology and giving ideas for other areas where it could usefully contribute to our everyday lives NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at [www.teachyourself.com](http://www.teachyourself.com) to give you a richer understanding of applied psychology FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it

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