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Managing Stress at Work Thomas Tevlin, 2015 **HBR Guide to Navigating the Toxic Workplace** Harvard Business Review, 2024-01-16 Is your workplace toxic Toxic workplaces take many forms Whether you're dealing with a narcissistic boss a backstabbing colleague endless microaggressions or a culture of overwork and burnout it can feel impossible to know what to do Should you address the issue directly play office politics go to HR or just keep your head down The HBR Guide to Navigating the Toxic Workplace will help you set boundaries and change what you can while maintaining your mental health and self respect through some of the toughest interpersonal challenges you'll face at work You'll learn how to Recognize what's fixable Help bring problems to light Keep your performance up Protect your reputation and your career Prevent a toxic culture from infecting your team Rebuild trust and psychological safety Move on if you choose without burning bridges Arm yourself with the advice you need to succeed on the job with the most trusted brand in business Packed with how to essentials from leading experts the HBR Guides provide smart answers to your most pressing work challenges

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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

Managing stress in the workplace ,1998* Managing Stress , The Complete Guide to Stress Management Chandra Patel,2014-09-01 The Harvard Business Review Manager's Handbook Harvard Business Review,2016-12-13 The one primer you need to develop your managerial and leadership skills Whether you re a new manager or looking to have more influence in your current management role the challenges you face come in all shapes and sizes a direct report s anxious questions your boss s last minute assignment of an important presentation or a blank business case staring you in the face To reach your full potential in these situations you need to master a new set of business and personal skills Packed with step by step advice and wisdom from Harvard Business Review s management archive the HBR Manager s Handbook provides best practices on topics from understanding key financial statements and the fundamentals of strategy to emotional intelligence and building your employees trust The book s brief sections allow you to home in quickly on the solutions you need right away or take a deeper dive if you need more context Keep this comprehensive guide with you throughout your career and be a more impactful leader in your organization In the HBR Manager s Handbook you ll find Step by step guidance through common managerial tasks Short sections and chapters that you can turn to quickly as a need arises Self assessments throughout Exercises and templates to help you practice and apply the concepts in the book Concise explanations of the latest research and thinking on important management skills from Harvard Business Review experts such as Dan Goleman Clayton Christensen John Kotter and Michael Porter Real life stories from working managers Recaps and action items at the end of each chapter that allow you to reinforce or review the ideas quickly The skills covered in the book include Transitioning into a leadership role Building trust and credibility Developing emotional intelligence Becoming a person of influence Developing yourself as a leader Giving effective feedback Leading teams Fostering creativity Mastering the basics of strategy Learning to use financial tools Developing a business case

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