



DE-STRESSING DOCTORS

A self-management guide

Valerie Sutherland
Cary L. Cooper



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De Stressing Doctors A Self Management Guide

Valerie J. Sutherland, Cary L. Cooper



De Stressing Doctors A Self Management Guide:

De-stressing Doctors Valerie J. Sutherland, Cary L. Cooper, 2003 This invaluable guide shows doctors how to effectively manage their stress before they become distressed The authors also acknowledge that doctors do not work in a social vacuum and address the management business and social positions doctors are expected to fulfil in addition to their clinical role De stressing Doctors a Self management Guide will help every doctor to become their own stress manager by integrating stress control techniques into the day to day profession of medical practitioner Drawing upon their extensive experience of stress control strategies for the medical profession the authors offer an extremely practical three fold approach to the subject Awareness increase your self awareness to understand stress among medical practitioners why and how it causes harm Analysis learn how to identify and measure the stress that can lead to poor quality of life ill health or poor job performance Action strategies include Time management including how to recognise and avoid burnout and how to identify time wasters Ways of creating a more effective and stress free medical practice environment Promoting understanding of the relationship between behaviour and stress and why certain patterns of behavior create or exacerbate stress **Ebook: Doing Your**

Research Project: A Guide for First-Time Researchers 8 WATERS, 2024-05-08 This new edition retains the excellent structure and tone of previous editions whilst bringing the text and examples up to date reflecting the changing and dynamic social world we live and research in Dr Steven Gascoigne Assistant Professor Centre for Lifelong Learning University of Warwick UK This book combines theoretical knowledge and practical skills with case studies examples and reflections in one easy to read book A must for novice researchers Dr Christina Cooper Assistant Professor in Community Wellbeing Northumbria University UK Now on its eighth edition Doing Your Research Project remains the authoritative guide to conducting an outstanding research project Guiding readers through each stage of the research journey this book gives students the confidence to successfully conceptualise and complete their research Written in its trademark student friendly style each chapter includes reflective questions to help students apply the advice to their own work The authors cover a range of disciplines and methodologies empowering students to make an informed choice about what best suits their research While retaining its most loved features from previous editions the latest edition Provides updated coverage of digital research techniques Examines the nature of research and the roles that researchers occupy Expands the discussion of research methods This bestselling resource is the ultimate companion to any research project whether you are a first time or experienced researcher Practical clear and concise Doing Your Research Project is vital reading for anyone embarking on a research project **Managing the Risk of Workplace Stress** Sharon Clarke, Cary Cooper, 2004-07-31 Working in a stressful environment not only increases the risk of physical illness or distress but also increases the likelihood of workplace accidents While legislation provides some guidelines for risk assessment of physical hazards there remains limited guidance on the risks of psychosocial hazards such as occupational stress This book takes the risk management approach to stress evaluation

in the workplace offering practical guidelines for the audit assessment and mitigation of workplace stressors Based on research and case studies this book provides a comprehensive source of theoretical and practical information for students and practitioners alike It includes chapters on environmental stress factors psychological stress factors work related accidents job stress evaluation methods With its up to date approach to a fascinating area of study this is key reading for all students of organizational psychology and those responsible for workplace safety

EBOOK: DOING YOUR RESEARCH PROJECT: A GUIDE FOR FIRST-TIME RESEARCHERS Judith Bell, Stephen Waters, 2018-06-08 Interested in purchasing Doing Your Research Project as a SmartBook Visit <https://connect2.mheducation.com/join/cbellwaters7e> to register for access today Step by step advice on completing an outstanding research project This is the market leading book for anyone conducting a research project whether for the first time or as an experienced researcher honing their skills Clear concise and readable this bestselling resource provides a practical step by step guide from initial concept to completion of your research report Thoroughly updated but retaining its well loved style this seventh edition provides A brand new first chapter outlining what it means to carry out research the responsibilities of the researcher the research journey and the intentional and unintentional roles of a researcher An extensive update to chapter nine on using social media in research to include ethical considerations and how the researcher can use and reference information collected via these platforms and create collaborative connections An online review of the latest tools for collecting and analysing both quantitative and qualitative data gathered from social media sites such as Survey Monkey and Google Forms Further coverage on how to protect research participants including advice from the NHS on how to conduct research in health based settings More detailed coverage of how to conduct effective online literature searches not only using Google but also other research based search engines such as PubMed and professionally focussed sites To support your learning questions at the end of each chapter which prompt you to reflect on your research journey This practical no nonsense guide is vital reading for all those embarking on undergraduate or postgraduate study irrespective of discipline and for professionals in such fields as social science education and health The latest edition provides extensive coverage of all that a research student might need to know The expanse of the topics covered enables this book to be indispensable to a great range of students not only at different levels of study but also in a variety of disciplines Bell and Waters present an honest and practical look at a daunting academic undertaking and provide the student with a resource that is currently has no parallel This new edition brings the text up to date with a look at some of the more creative approaches the research project might take and challenges students to think before making research decisions Dr Susan Schutz PhD MSc RNT RGN Department of Nursing Faculty of Health and Life Sciences Oxford Brookes University UK

Doing Your Research Project: A Guide For First-Time Researchers Bell, Judith, Waters, Stephen, 2014-08-01 Doing your Research Project is the market leading book for students across the social sciences conducting small scale research projects

Cambridge Handbook of Psychology, Health and Medicine Susan

Ayers, Andrew Baum, Chris McManus, Stanton Newman, Kenneth Wallston, John Weinman, Robert West, 2007-08-23 Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine This new edition is fully reworked and revised offering an entirely up to date comprehensive accessible one stop resource for clinical psychologists mental health professionals and specialists in health related matters There are two new editors Susan Ayers from the University of Sussex and Kenneth Wallston from Vanderbilt University Medical Center The prestigious editorial team and their international interdisciplinary cast of authors have reconceptualised their much acclaimed handbook The book is now in two parts part I covers psychological aspects of health and illness assessments interventions and healthcare practice Part II covers medical matters listed in alphabetical order Among the many new topics added are diet and health ethnicity and health clinical interviewing mood assessment communicating risk medical interviewing diagnostic procedures organ donation IVF MMR HRT sleep disorders skin disorders depression and anxiety disorders Stress and Mental Health of College Students M. V. Landow, 2006 College students are subject to a massive input of stresses which require successful and ever changing coping strategies These stresses include inside and outside pressures by the world to succeed financial worries concerns about uncertain futures social problems and opportunities since college is often the meeting place for future mates and homework and tests in multiple and complex subjects requiring preparation and focus with often conflicting priorities Unsuccessful coping often results in anxiety heavy drinking depression and a host of other mental health problems This new book presents new and important research in this important field **Hospital Medicine**, 2004 Doing Your Research Project 4/e Judith Bell, 2005-06 An invaluable tool for anyone carrying out a research project We all learn to do research by actually doing it but a great deal of time and effort can be wasted and goodwill dissipated by inadequate preparation This book provides beginner researchers with the tools to do the job to help them avoid some of the pitfalls and time wasting false trails and to establish good research habits It takes researchers from the stage of choosing a topic through to the production of a well planned methodologically sound and well written final report or thesis on time It is written in plain English and makes no assumptions about previous knowledge This new edition of Doing Your Research Project includes Coverage of latest techniques such as grounded theory A new chapter on ethics Increased examples from health studies New referencing library searching and literature review chapters Completely updated references throughout This book serves as a guide to good practice for beginner researchers in any discipline embarking on undergraduate or postgraduate study and for professionals in such fields as social science education and health The British National Bibliography Arthur James Wells, 2005 **Physicians Fee & Coding Guide**, 2011 *Subject Guide to Books in Print*, 1993 *Creative Stress Management* Jonathan C. Smith, 1993 Not a cookbook of answers or techniques this stress management book seeks to develop creative resourcefulness the general ability to explore a wide variety of coping strategies and effectively apply those that work best It is unique in that it encourages the reader to supplement chapters with coping strategies found elsewhere an

example of the creativity central to the overall goal of the text For religious and psychological counselors personnel administration professionals nurses social workers and all those interested in reducing stress Benefits & Compensation Digest ,2005 **The Video Source Book** David J. WEINER,1990 **Forthcoming Books** Rose Arny,2003-12
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