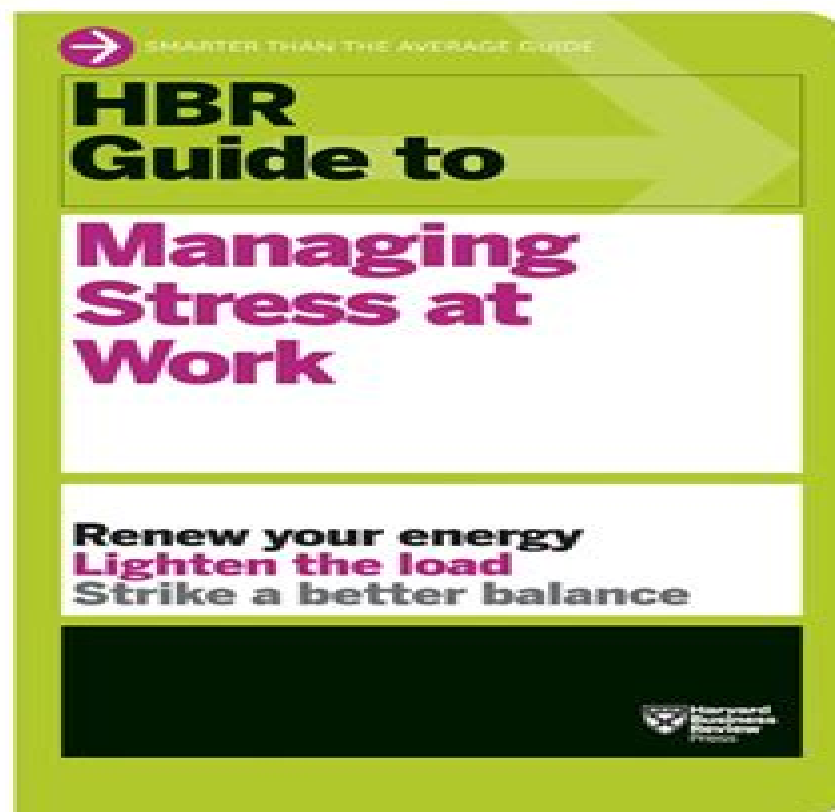


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the workplace can't ever be completely eliminated but it can be managed so that you can function in a healthy and effective way. Managing Stress will give you practical hands-on suggestions for managing workplace stress from short-term fixes to long-term methods for changing the situation and/or changing your response to the situation. *Beat Stress with Strength* Stephanie Spera, Sandra Lanto, 1997. Here is expert advice on how to fight stress and win compiled from more than 15 years of intensive study, formal research and hundreds of interactive workshops with thousands of participants. Includes a Personal Stress Test that pinpoints sources of stress and its effects as well as 15 ways to reduce work-related stress. **Stress Management in Work Settings** L.R. Murphy, 1977. **Deal With Stress** Bloomsbury Publishing, 2022-06-14. This handy guide offers practical solutions and step-by-step advice on combating and managing stress so that you can achieve the best work-life balance. While it's sometimes said that a little stress is good for you, too much can damage your health, jeopardise your performance at work and affect your relationships. With the rise of remote and hybrid working, such issues are only becoming more common and it's too easy to feel worn down and exhausted by stress and worry. With a self-assessment quiz, step-by-step action points, top tips, common mistakes and advice on how to avoid them and summaries of key points, *Deal With Stress* will help you to identify and understand the causes, recognise the symptoms and find the right answers to put you back in control. You will find actionable solutions and practical advice on combating stress and ensuring you can have the best possible work-life balance. **A British Safety Council Guide to Managing Stress at Work**, 2005.

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