

Is Work Killing You A Doctors Prescription For Treating Workplace Stress

[#workplace stress management](#) [#doctor's advice for work stress](#) [#managing job burnout](#) [#overcoming occupational stress](#) [#stress relief strategies at work](#)

Discover essential strategies from a doctor's perspective to combat and treat workplace stress effectively. Learn how to identify if work is negatively impacting your health and implement practical prescriptions to manage burnout, promoting a healthier, more balanced professional life.

Educators may refer to them when designing or updating course structures.

Thank you for accessing our website.

We have prepared the document Treating Workplace Stress just for you.

You are welcome to download it for free anytime.

The authenticity of this document is guaranteed.

We only present original content that can be trusted.

This is part of our commitment to our visitors.

We hope you find this document truly valuable.

Please come back for more resources in the future.

Once again, thank you for your visit.

Thousands of users seek this document in digital collections online.

You are fortunate to arrive at the correct source.

Here you can access the full version Treating Workplace Stress without any cost.

Is Work Killing You?

From the bestselling author of Authenticity and The Little Book of Stress Relief comes the definitive guide to treating — and eliminating — excessive stress in the workplace. Dr. David Posen, a popular speaker and a leading expert on stress mastery, identifies the three biggest problems that contribute to burnout and low productivity: Volume, Velocity, and Abuse. He shares revealing anecdotes and offers clear descriptions of the biology of stress to illustrate how downsizing, economic uncertainty, and technology have made the workplace more toxic than ever. Most importantly, he offers practical advice and easy techniques for managing the harmful symptoms and side effects of stress. Witty, engaging, and accessible, *Is Work Killing You?* touches on everything from meetings to tweeting, from fake work to face time, from deadlines to dead tired, and more. With this book, Dr. Posen gives us the tools to stop harming our most valuable resource — ourselves.

Is Work Killing You?: A Doctor's Prescription for Treating Workplace Stress (Large Print 16pt)

From the bestselling author of "The Little Book of Stress Relief" comes the definitive guide to treating - and eliminating - excessive stress in the workplace. Dr. David Posen, a popular speaker and a leading expert on stress mastery, identifies the three biggest problems that contribute to burnout and low productivity: Volume, Velocity, and Abuse. He shares revealing anecdotes and offers clear descriptions of the biology of stress to illustrate how downsizing, economic uncertainty, and technology have made the workplace more toxic than ever. Most importantly, he offers practical advice and easy techniques for managing the harmful symptoms and side effects of stress. Witty, engaging, and accessible, "Is Work Killing You?" touches on everything from meetings to tweeting, from fake work to face time, from deadlines to dead tired, and more. With this book, Dr. Posen gives us the tools to stop harming our most valuable resource - ourselves.

Burnt Around the Edges

This easy-to-read book highlights decades of real-life experiences as a firefighter and a Fire Chief in BC, Canada. The first-hand accounts outlined in the book highlight how occupational and life stress can dramatically affect our wellbeing. It draws readers through a journey and many lessons from Arjuna's battle with unease and occupational Burnout. This honest, vulnerable and authentic narrative reassures readers that we can master and harness stress in our lives. The title of this book, *Burnt Around the Edges*, comes from the experience Arjuna felt back in the summer of 2020. He found himself at a tipping point of total occupational Burnout. Even though he felt burnt around the edges, he knew he had a massive purpose-driven fire burning deep within him. This fire sparked a life changing transformation in his life and career with a far better understanding of how our bodies react and work under stress. In Arjuna's first book you will learn:

- Arjuna's story from his childhood to the present day
- Strategies and tactics Arjuna used to master stress and recovery from Occupational Burnout
- Tips on how to become more mentally strong and resilient in a stressful world
- The importance of investing in your health and wellbeing to become your most authentic self

The book is Arjuna's ignition source to a new career path led by a strong and clear purpose in life. Arjuna wants to share his knowledge and support others to master stress and become more resilient humans. Arjuna's encore career as a certified coach will enable his skills and experience to support first responders and leaders worldwide.

The Day I Reached My Tipping Point...

The target audience is education. The age range spans from new teachers in their twenties to veteran teachers. Teachers are found in every geographical region of the world. What they don't realize, is that through policies, procedures, technology upgrades, parental and administrative as well as government expectations, their psychological well-being is slowly being depleted. The erosion of their compassion and empathy over time leads to anxiety, stress, depression, and burnout which are the themes of this book. This depletion can result in qualified, skilled individuals leaving the profession early; others, to seek different career opportunities, or stay in the system just "going with the flow"; potentially eroding their personal values, belief system and principles. The key outcomes from this book are three-fold: first, an understanding of what compassion fatigue (CF) or Occupational Stress Injury (OSI) is and how it can impact an educator. Second, that the causes are identifiable, and that steps can be taken to ward it off. And, finally, for the reader to understand that there is hope and recovery. The main objective of the book is to make educators aware of CF and OSI. CF and OSI in educators can be a slow gradual process where teachers may not even realize the effects until something uncharacteristic occurs because he/she has "just snapped". Upon recognizing CF/OSI in their life and/or career, readers are encouraged to contact the author at the supplied email address (daryl@sutterandassociates.com) to share anonymous events, stories and/or occurrences of how, when and why CF/OSI impacted their professional and personal life. These would then be used to supplement another book, "Tales from the trenches". The book is a supplement of my counselling, therapist and educational consulting business; Sutter and Associates.

The Slow Professor

If there is one sector of society that should be cultivating deep thought in itself and others, it is academia. Yet the corporatisation of the contemporary university has sped up the clock, demanding increased speed and efficiency from faculty regardless of the consequences for education and scholarship. In *The Slow Professor*, Maggie Berg and Barbara K. Seeber discuss how adopting the principles of the Slow movement in academic life can counter this erosion of humanistic education. Focusing on the individual faculty member and his or her own professional practice, Berg and Seeber present both an analysis of the culture of speed in the academy and ways of alleviating stress while improving teaching, research, and collegiality. *The Slow Professor* will be a must-read for anyone in academia concerned about the frantic pace of contemporary university life.

Beyond Measure

Foundational introduction to the concept that organizations create major impacts by making small changes.

The Cambridge Handbook of Material Culture Studies

Material culture studies is an interdisciplinary field that examines the relationships between people and their things: the production, history, preservation, and interpretation of objects. It draws on theory and practice from disciplines in the social sciences and humanities, such as anthropology, archaeology,

history, and museum studies. Written by leading international scholars, this Handbook provides a comprehensive view of developments, methodologies and theories. It is divided into five broad themes, embracing both classic and emerging areas of research in the field. Chapters outline transformative moments in material culture scholarship, and present research from around the world, focusing on multiple material and digital media that show the scope and breadth of this exciting field. Written in an easy-to-read style, it is essential reading for students, researchers and professionals with an interest in material culture.

9 Strategies for Dealing with Workplace Stress

Dealing with stress at work? Learn 9 practical work related stress management tools and techniques to help you manage your stress. This short and applicable e-book discusses the main causes of stress at work, good stress and negative stress, and how to reduce workplace conflict and stress. Only 40 pages long, Stephanie Berryman writes short and practical books that focus on easy to implement strategies that will help you manage anxiety and stress, deal with a stressful work environment and reduce workplace stress. This book is the third in a series, '9 strategies for Dealing With...'. The first book, '9 Strategies for Dealing With the Difficult stuff' hit #2 and the second book, '9 Strategies for Dealing with Stress' hit #1. In 9 Strategies for Dealing with Workplace Stress, Stephanie draws on research into the best workplace stress management strategies and ties this in to her personal experience as a leadership coach and consultant. Stephanie's approach is to help readers reframe their relationship with stress and focus on what they can control. In the appendix of the book, Stephanie shares excellent lifestyle strategies that her readers have contributed to the book and a list of websites and resources to access. If you are experiencing stress symptoms and need stress relief, this book will provide you with concrete tools to help you overcome workplace stress. Stephanie Berryman has her masters in leadership development and she has worked as a consultant, coach and corporate trainer for the past 15 years. Stephanie has worked as the manager of education and training at a local branch of the Canadian Mental Health Association and has delivered training in stress management and mental health. In her book, she draws on her personal experience in managing workplace stress as well as what she has learned about stress management from working with hundreds of clients and students. In Stephanie's book, '9 Strategies for Dealing with Workplace Stress', she offers practical strategies for stress management that can be used to address stress in the workplace or in other aspects of life. Here is a sample strategy from the book: 8. Build Positive Relationships We spend 8 hours every day with our colleagues. That's usually more time than we spend with the person we've chosen to marry, our friends, or our family. Why would you not want to have pleasant and professional relationships with these people? I work with a lot of teams that are stressed out, with high workloads and big demands, but their number one stressor seems to be interpersonal relationships. It's tough dealing with other people all day long, especially when they aren't people you would have chosen to spend a significant part of your life with. We need to find ways to manage all our relationships professionally and focus on building strong relationships with the people we do enjoy. In a recent study of workplace dynamics reported in the Harvard Business Review, researchers "found that ... having a lot of coworkers who eventually developed into friends, significantly increased employees' performance, as judged by their supervisor. One possible reason for this was people seeking advice. If you have friends in the company, it's far easier to ask for help without fearing you'll be judged a poor performer. In addition, having friends in the company, especially if they work in other departments, gives you access to information through informal networks you might not otherwise get. Another reason might be morale: Employees with close friends at work reported being in a good mood more often, which could spill over into positive effects on the work being performed." If you do choose to build stronger connections at work, take the time to ask people about themselves and their lives. I've been consistently surprised when I get to know people better - everyone has an interesting story. You'll often find common ground, new respect and compassion for others.

Eat, Move, Think

Eat, Move, Think is the essential guide to living a longer, more active, and more fulfilled life—full of answers to your most pressing health and wellness questions. Doctors everywhere have the same goal: healthier and happier lives for their patients. And yet, no two medical professionals give the same advice. How much coffee is too much? What's better for your fitness: cardio or weights? What is mindfulness, and how can you practice it? Finally, there are answers to all of those questions and more. Eat, Move, Think breaks down the fundamentals of living a long and healthy life into three sections: nutrition, physical activity, and mental health. Francis addresses the questions that we all grapple

with: How much meat should I eat? Is it okay to sit all day if I work out afterwards? How does sleep affect my mental health? Drawing upon the expert advice of world-renowned doctors and medical professionals, this book captures the innovative strategies of the world's highest performers—Navy SEALs, cutting-edge researchers, professional athletes—in one handy illustrated guide to everyday healthy living. Honest, straightforward, and accessible, *Eat, Move, Think* will empower and educate you, showing you the simple, achievable steps you can take to transform your health and your life.

Mérhetetlenül

"A munka világa tele van számokkal, de olykor épp azzal nem számolunk, ami igazán fontos. A tényyszerű adatok megnyugtatóan hatnak, ám a látványos sikerek vagy bukások láttán a vezérigazgatótól a portásig mindenki egy dolgot emleget: a kultúrát. A szervezeti kultúra a titkos összetevő, amitől minden más lesz, de senki sem tudja, micsoda is valójában." Valóban-e a termelékenység és a dolgozói elégedettség, ha tilos az íróasztalnál kávézni? Miért kell vezetőként hatalmat adnunk munkatársaink kezébe? Tényleg hatékonyabb a munkavégzés, ha rövidebb a munkaidő? Miért nélkülözhetetlen a konfliktus a kreatív gondolkodáshoz? Margaret Heffernan az üzleti életben szerzett tapasztalataiból merítve bebizonyítja, hogy gyakran az apró tettek vezetnek nagy eredményekhez. Érdekes történetei és meglepő statisztikái hozzásegítenek az erőszervezeti kultúra kialakításához.

To Err Is Human

Experts estimate that as many as 98,000 people die in any given year from medical errors that occur in hospitals. That's more than die from motor vehicle accidents, breast cancer, or AIDS—three causes that receive far more public attention. Indeed, more people die annually from medication errors than from workplace injuries. Add the financial cost to the human tragedy, and medical error easily rises to the top ranks of urgent, widespread public problems. *To Err Is Human* breaks the silence that has surrounded medical errors and their consequence—but not by pointing fingers at caring health care professionals who make honest mistakes. After all, to err is human. Instead, this book sets forth a national agenda—with state and local implications—for reducing medical errors and improving patient safety through the design of a safer health system. This volume reveals the often startling statistics of medical error and the disparity between the incidence of error and public perception of it, given many patients' expectations that the medical profession always performs perfectly. A careful examination is made of how the surrounding forces of legislation, regulation, and market activity influence the quality of care provided by health care organizations and then looks at their handling of medical mistakes. Using a detailed case study, the book reviews the current understanding of why these mistakes happen. A key theme is that legitimate liability concerns discourage reporting of errors—which begs the question, "How can we learn from our mistakes?" Balancing regulatory versus market-based initiatives and public versus private efforts, the Institute of Medicine presents wide-ranging recommendations for improving patient safety, in the areas of leadership, improved data collection and analysis, and development of effective systems at the level of direct patient care. *To Err Is Human* asserts that the problem is not bad people in health care—it is that good people are working in bad systems that need to be made safer. Comprehensive and straightforward, this book offers a clear prescription for raising the level of patient safety in American health care. It also explains how patients themselves can influence the quality of care that they receive once they check into the hospital. This book will be vitally important to federal, state, and local health policy makers and regulators, health professional licensing officials, hospital administrators, medical educators and students, health caregivers, health journalists, patient advocates—as well as patients themselves. First in a series of publications from the Quality of Health Care in America, a project initiated by the Institute of Medicine

What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You

When Dr. Ray Strand found himself in a losing battle, unable to successfully treat his wife who had suffered chronically with pain and fatigue, he agreed to try the regimen of nutritional supplements that a neighbor suggested. Much to his surprise, his wife's condition began to improve almost immediately. That amazing turn of events led him to dedicate himself to researching alternative therapies in medicine, particularly in the arena of nutritional supplements. Dr. Strand's illumination of the body's silent enemy—oxidative stress—will astound you. But, more importantly, his research will equip you to protect or reclaim your nutritional health, possibly reversing disease and preventing illness.

Ebony

EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

Mindful Living

Mindful Living is designed to help you more fully celebrate each moment of your life. Twelve specialists from the Miraval resort—ranging from exercise physiologists to chefs to spiritual healers—bring their expertise to chapters centered on the key tenets of the Miraval philosophy, such as balance, joy, and developing the ability to overcome obstacles. This book brings Miraval to the reader and is designed to be helpful for both those who have never visited and regular guests of the resort. Through recipes, exercises, meditations, and spa treatments, readers are shown a wide variety of practical ways to implement the changes they desire. While the topics addressed in Mindful Living may seem broad, they are held together through the concept of mindfulness. Mindfulness is the ability to live in the present, using simple tools like the breath to help you remain focused, calm, and capable of making the kind of decisions that will lead to a better life. Just as life is a journey, so is Mindful Living, moving through the months of the year and encouraging you to get the most out of each stage of the cycle.

Popular Science

Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

Ebony

EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

Lost Connections

THE INTERNATIONAL BESTSELLER: A radically new way of thinking about depression and anxiety 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions – ones that offer real hope.

Black Enterprise

BLACK ENTERPRISE is the ultimate source for wealth creation for African American professionals, entrepreneurs and corporate executives. Every month, BLACK ENTERPRISE delivers timely, useful information on careers, small business and personal finance.

Career Development for Health Professionals

Master the skills you need to succeed in the classroom and as a health care professional! Filled with tips and strategies, Career Development for Health Professionals, 4th Edition provides the skills required to achieve four important goals: 1) complete your educational program, 2) think like a health care professional, 3) find the right jobs, and 4) attain long-term career success. This edition includes a new chapter on professionalism and online activities challenging you to apply what you've learned. Written by respected educator Lee Haroun, this practical resource helps you maximize your potential and grow into a competent, caring, well-rounded member of the health care team. Self-paced format with interactive exercises, stop-and-think review, and end-of-chapter quizzes allows you to work through the text independently. Conversational, easy-to-read style helps you understand concepts and skills by delivering information in small, easily absorbed chunks. Chapter objectives and key terms at the beginning of each chapter preview the material to be learned while reading the chapter. UPDATED on-the-job strategies and Success Tips focus on professional certification exams, the use of social

media, general job requirements, online classroom learning, employment laws, and necessary skills and National Health Care Skill Standards. Prescriptions for Success and Resume Building Blocks emphasize the importance of a resume and how it is a 'work in progress' from the first day of a student's education. Prescription for Success exercises let you apply what you've learned to on-the-job situations. Useful Spanish Phrases appendix provides a quick reference for translations that will prove valuable in today's workplace. Student resources on the Evolve companion website include activities providing a chance to use critical thinking skills and apply content to health care jobs. NEW Becoming a Professional chapter defines professionalism as it relates to health care occupations, emphasizes its importance, and presents examples of professionals in action. NEW! Full-color photos and illustrations bring concepts and health care skills to life. NEW case studies offer a real-life look into school, job-search, and on-the-job situations. NEW study and job-search strategies explain how to study for classes, job applications, resumes and resume trends, guidelines to preparing different types of resumes (print, scannable, plain text, and e-mail versions), protecting against job scams, online job searching, and preparing for the job interview. NEW reference chart on the inside front cover provides an outline to the book's content, making it easy to find the information you need.

Also Human

For anyone trying to understand the impossible strains placed on our medical workers during the COVID-19 pandemic, this book is indispensable. _____ 'A furious dispatch from the front line of the hospital system.' THE TIMES, Book of the Week _____ Doctors are the people we turn to in our darkest moments. We trust them with our lives. But what does that stress do to a person? What does it take to confront death, disease, distress and suffering every day? To work in a healthcare system stretched to breaking point? To make decisions that will change lives – or possibly end them? And how do doctors cope with their own questions and fears, when they are expected to have all the answers? Caroline Elton is a psychologist who, for two decades, has specialised in helping doctors: the obstetrician whose own fertility treatment failed; the trainee oncologist struggling to face patients with the disease that killed her father; the brilliant neurosurgeon whose career stalled in an environment hostile to women; and many more. Drawing on extraordinary case studies and decades of work supporting clinicians, Also Human presents a provocative, perceptive and deeply humane examination of the modern medical profession. _____ 'Written with perceptive sympathy for the wounded healer, it is necessary reading for both doctors and patients.' HILARY MANTEL 'Crucial and timely.' ATUL GAWANDE 'Fascinating and troubling. Read it and weep.' SUSIE ORBACH 'Haunting, beautiful and urgent.' JOHANN HARI 'At the heart of this book is the problem of how emotional resilience can be identified in prospective doctors and strengthened in practising doctors. We are fallible human beings, not omniscient gods.' HENRY MARSH, SUNDAY TIMES

The Advocate

The Advocate is a lesbian, gay, bisexual, transgender (LGBT) monthly newsmagazine. Established in 1967, it is the oldest continuing LGBT publication in the United States.

Parent Burnout

Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

Pain Management and the Opioid Epidemic

If what you're doing now is not producing the results you want -- you are playing a losing game. If you want things to get better you've got to change that losing game. This book will show you how. Now updated for our times, *Always Change a Losing Game* has been published on four continents and continues to be popular and useful. Whether you're dealing with compulsive eating, addiction, struggling with kids, stuck in an unhappy relationship or a dead-end job, Dr. Posen provides practical guidelines that will help you change your losing habits and become more successful. This is a book for people struggling to be successful and feeling a lack of control. The book gives hope and encouragement because it focuses on all the things we can control -- primarily the way we think, the way we behave and the lifestyle choices we make. It illustrates the author's belief that we have more control than we think. The book was purposely written in everyday language to make it both easy to read and reassuring. The connection to sports provides a fresh approach for many people who need to think about their health, relationships, problem solving, self-esteem and productivity in a new way. *Always Change a Losing Game* explains how to make changes in your life when work or relationships are not working out. At times, changing a losing game requires vision and risk taking. But just continuing in a rut guarantees that things won't get better. If what you're doing and how you are living are not producing the results you want, you are playing a losing game and if you want things to get better you've got to change that losing game. This book is your key to success.

Always Change a Losing Game

This interesting, easy to read, and useful book can make a great gift to a friend or colleague who leads a hectic and demanding life and who wants to 'get control.' -- *Journal of Family and Community Health* (on the first edition) Intense stress is an integral part of modern life and it seems to be getting worse. In controlled doses, stress helps individuals to think faster and perform better but left unchecked and unbalanced it leads to fatigue, helplessness and a variety of unfortunate health complications. With people working harder, anxious about job loss and the faster pace of life, stress is increasing. *The Little Book of Stress Relief* is a practical book that changes the fundamental thinking and habitual lifestyle choices that contribute to heightened stress levels. There are helpful tips for making informed choices, adjusting how we think and taking the necessary steps to regain control. Organized into 52 short chapters -- one for each week of the year -- of 2 to 3 pages in length, the book uses stories and analogies to describe specific causes of stress, and provides simple concrete things to overcome them. Easy-to-follow activities and exercises lead to the right amount of sleep, deal with procrastination and perfect the art of setting priorities. The book's layout allows readers to follow the tips in any order. Here is a sampling of the topics in *The Little Book of Stress Relief*: Do You Know Your Signs of Stress? Unrealistic Expectations Peer Pressure and Corporate Culture How to Leave Work at Work Burnout Dealing with Information Overload and Technostress Dealing with Clutter Money and Stress Reframing Other People's Problems Dealing with Anger New Year's Resolutions *The Little Book of Stress Relief* is a helpful, inspiring and practical guide to alleviating a big problem.

The Little Book of Stress Relief

He was a pillar of the community, serving on local committees, donating prizes to the rugby club, organising charity collections. His patients thought the world of him: he was attentive, kind, never too busy to chat. Yet Dr Harold Frederick Shipman was also the most prolific serial killer the world has ever known, with between 200 and 300 victims. Quietly, for many years, the small, bespectacled GP was making unexpected house calls - and walking out leaving a dead body behind. The murderous career of Dr Shipman only came to an end when police in Hyde, Greater Manchester, were called to investigate a forged will. Overnight, they found themselves embroiled in the biggest murder case in British history. Substantially revised and updated since Shipman's suicide in prison, this is a compelling account of these monstrous crimes and of the man who committed them. The authors have had unparalleled access to friends, colleagues and patients. Their in-depth and authoritative investigation looks at how he killed, how he was able to get away with it for so long, and - most important of all - why.

Bowker's Complete Video Directory

'I Had a Black Dog says with wit, insight, economy and complete understanding what other books take 300 pages to say. Brilliant and indispensable.' - Stephen Fry 'Finally, a book about depression that isn't a prescriptive self-help manual. Johnston's deftly expresses how lonely and isolating depression can be for sufferers. Poignant and humorous in equal measure.' *Sunday Times* There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity

mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

Harold Shipman - Prescription For Murder

New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

I Had a Black Dog

This proactive guide brings the relationship between work life and mental well-being into sharp focus, surveying common challenges and outlining real-life solutions. The authors' approach posits managers as the chief mental health officers of their teams, offering both a science-based framework for taking stock of their own impact on the workplace and strategies for improvement. Areas for promoting mental wellness include reducing stress and stigma, building a safe climate for talking about mental health issues, recognizing at-risk employees, and embracing diversity and neurodiversity. Emphasizing key questions to which managers should be attuned, the book speaks to its readers—whether in corporate, nonprofit, start-up, or non-business organizations—as a friendly and trusted mentor. Featured in the coverage: · Mind the mind: how am I doing, and how can I do better? · Dare to care: how are my people doing, and how might I help? · Building blocks for mental health: how do I manage my team? · Stress about stressors: what is constantly changing in the environment? · Changing my organization and beyond: how can I have a greater impact? *Compassionate Management of Mental Health in the Modern Workplace* holds timely relevance for managers, human resources staff, chief medical officers, development heads in professional service firms, union or employee organization leaders, legal and financial professionals, and others in leadership and coaching positions. “Workplace mental health: Wow! A subject that frightens most managers. If they read this book, they will strengthen their own skills and transform their workplace and our society.” Donna E. Shalala, Trustee Professor of Political Science and Health Policy, University of Miami; former U.S. Secretary of Health and Human Services “Mental health is an underappreciated, and oft-misunderstood challenge that is growing in the modern workplace. This book provides leaders with practical advice to address mental health challenges in their organization and improve productivity and wellbeing. This is a topic that can no longer be ignored by leaders in any field, and a book that will fundamentally change the way we think about and help improve mental health in the workplace.” Dominic Barton, Managing Director, McKinsey & Company

New York Magazine

A Do-It-Yourself Prescription for Happiness In their insightful book, wife-and-husband physicians Carrie and Alton Barron present an innovative, highly achievable five-part plan to unleash happiness and alleviate depression and anxiety by tapping into creative potential. A gifted psychiatrist and a premier hand surgeon, Carrie and Alton Barron draw upon the latest psychological research, a combined forty years of medical practice, and personal experience to demonstrate how creative action is integral to long-term happiness and well-being. The Five-Part Prescription for the Creativity Cure—Insight, Movement, Mind Rest, Your Own Two Hands, and Mind Shift—leads the way to a more meaningful, fulfilling life by simultaneously developing self-understanding and self-expression. With the Barrons' detailed tools and strategies for cultivating creative outlets, overcoming unconscious fears and barriers to happiness, and linking internal thought to external action, readers will build the mind-set and habits necessary for happiness and positive change. They will experience—and learn how to sustain—the deep satisfaction that accompanies creating something by hand. The perfect self-help book for our handmade, homemade, crafting culture, *The Creativity Cure* has a simple yet profoundly inspirational message: that you can find the authentic, contented life you crave by taking happiness into your own two hands.

Compassionate Management of Mental Health in the Modern Workplace

As beautifully illustrated as it is touching, this second book from Matthew Johnstone, author of *I Had a Black Dog*, is written for those who care for those suffering from depression - friends, family members,

colleagues, and even therapists. Using wonderful illustrations and the image of Churchill's infamous 'black dog', Matthew and his wife Ainsley offer a moving, inspirational and often humorous portrait of life with depression - not only for those suffering from it themselves, but for those close to them. Living with a Black Dog speaks directly to the carer and offers practical and sometimes tongue-in-cheek tips on helping the depression sufferer, such as 'Socks have little do with mental health. If people could just "snap out of it" they would.' and 'Encourage any form of regular exercise. Fitness robs the Dog of its power'. Based on their own experiences, Matthew and his wife Ainsley treat the subject of depression sympathetically, hopefully and, most importantly, humorously.

Guidelines for Preventing Workplace Violence for Health Care & Social Service Workers

In the US edition of this international bestseller, Adam Kay channels Henry Marsh and David Sedaris to tell us the "darkly funny" (The New Yorker) -- and sometimes horrifying -- truth about life and work in a hospital. Welcome to 97-hour weeks. Welcome to life and death decisions. Welcome to a constant tsunami of bodily fluids. Welcome to earning less than the hospital parking meter. Wave goodbye to your friends and relationships. Welcome to the life of a first-year doctor. Scribbled in secret after endless days, sleepless nights and missed weekends, comedian and former medical resident Adam Kay's This Is Going to Hurt provides a no-holds-barred account of his time on the front lines of medicine. Hilarious, horrifying and heartbreaking by turns, this is everything you wanted to know -- and more than a few things you didn't -- about life on and off the hospital ward. And yes, it may leave a scar.

The Creativity Cure

"Managing Stress provides a comprehensive approach to stress management, honoring the balance and harmony of the mind, body, spirit, and emotions. Referred to as the "authority on stress management" by students and professionals, this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance. The holistic approach gently guides the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of mind-body-spirit unity"--

Living with a Black Dog

After learning that she inherited a BRCA2 genetic mutation that put her at high risk for breast and ovarian cancer, Kim Horner's doctors urged her to consider having a double mastectomy. But how do you decide whether to have a surgery to remove your breasts to reduce your risk for a disease you don't have and may never get? Horner shares her struggle to answer that question in Probably Someday Cancer. The mother of a one-year-old boy, she wanted to do whatever would give her the best odds of being around for her son and protect her from breast cancer, which killed her grandmother and great-grandmother in their 40s. Which would give her the best chance at a long healthy life: a double mastectomy or frequent screenings to try to catch any cancer early? The answers weren't that simple. Based on extensive research, interviews, and personal experience, Horner writes about how and why she ultimately opted for a double mastectomy—the same decision actress Angelina Jolie made for a similar genetic mutation—and the surprising diagnosis that followed. The book explores difficult truths that get overshadowed by upbeat messages about early detection and survivorship—the fact that screenings can miss cancers and that even early-stage breast cancers can spread and become fatal. Probably Someday Cancer is about the author's efforts to push past her fear and anxiety. This book can help anyone facing hereditary risk of breast and ovarian cancer feel less alone and make informed decisions to protect their health and end the devastation that hereditary cancer has caused for generations in so many families.

This Is Going to Hurt

The Advocate is a lesbian, gay, bisexual, transgender (LGBT) monthly newsmagazine. Established in 1967, it is the oldest continuing LGBT publication in the United States.

Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency

'I'm a HUGE fan of Alison Green's "Ask a Manager" column. This book is even better' Robert Sutton, author of The No Asshole Rule and The Asshole Survival Guide 'Ask A Manager is the book I wish I'd had in my desk drawer when I was starting out (or even, let's be honest, fifteen years in)' - Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck A witty,

practical guide to navigating 200 difficult professional conversations Ten years as a workplace advice columnist has taught Alison Green that people avoid awkward conversations in the office because they don't know what to say. Thankfully, Alison does. In this incredibly helpful book, she takes on the tough discussions you may need to have during your career. You'll learn what to say when: · colleagues push their work on you - then take credit for it · you accidentally trash-talk someone in an email and hit 'reply all' · you're being micromanaged - or not being managed at all · your boss seems unhappy with your work · you got too drunk at the Christmas party With sharp, sage advice and candid letters from real-life readers, *Ask a Manager* will help you successfully navigate the stormy seas of office life.

Probably Someday Cancer

As seen on 20/20, The Early Show, and ABC World News Tonight Americans love a hard worker. The man or woman who works eighteen-hour days and eats his or her meals on the run between appointments is usually viewed with a combination of respect and awe. But for many, this lifestyle leads to family problems, a decline in work productivity, and ultimately to physical and mental collapse. Chained to the Desk, best-selling author and widely respected family therapist Bryan E. Robinson's groundbreaking book, originally published in 1998, was the first comprehensive portrait of the workaholic. Thousands benefited from this innovative book, which profiles the myths behind this greatly misunderstood disorder and the inner psychological battle that work addicts wage against themselves. Intended for anyone touched by what Robinson calls "the best-dressed problem of the twenty-first century," the author also provides an inside look into the impact on those who live and work with them —partners, spouses, children, and colleagues—as well as the appropriate techniques for clinicians who treat them. In this new and updated edition, Robinson portrays the many different kinds of workaholism, drawing on hundreds of case reports from his own original research and years of clinical practice. From California to the Carolinas, men and women tell of their agonizing bouts with workaholism and the devastations left in its wake, struggles made all the more challenging in a world where the computer, cell phone, and Blackberry allow twenty-four-hour access to the office, even on weekends and from vacation spots. Adult children of workaholics describe their childhood pain and the lifelong legacies they still carry, and the spouses or partners of workaholics reveal the isolation and loneliness of their vacant relationships. Employers and business colleagues discuss the cost to the company when workaholism dominates the workplace. Chained to the Desk both counsels and consoles. It provides a step-by-step guide to help readers spot workaholism, understand it, and recover. Robinson presents strategies for workaholics and their loved ones on how to cope, and for people in the workplace on how to distinguish between work efficiency and workaholism.

The Advocate

IN THIS STIRRING AND BEAUTIFULLY WRITTEN WAKE-UP CALL, psychiatrist Daniel Carlat exposes deeply disturbing problems plaguing his profession, revealing the ways it has abandoned its essential purpose: to understand the mind, so that psychiatrists can heal mental illness and not just treat symptoms. As he did in his hard-hitting and widely read New York Times Magazine article "Dr. Drug Rep," and as he continues to do in his popular watchdog newsletter, The Carlat Psychiatry Report, he writes with bracing honesty about how psychiatry has so largely forsaken the practice of talk therapy for the seductive—and more lucrative—practice of simply prescribing drugs, with a host of deeply troubling consequences. Psychiatrists have settled for treating symptoms rather than causes, embracing the apparent medical rigor of DSM diagnoses and prescription in place of learning the more challenging craft of therapeutic counseling, gaining only limited understanding of their patients' lives. Talk therapy takes time, whereas the fifteen-minute "med check" allows for more patients and more insurance company reimbursement. Yet DSM diagnoses, he shows, are premised on a good deal less science than we would think. Writing from an insider's perspective, with refreshing forthrightness about his own daily struggles as a practitioner, Dr. Carlat shares a wealth of stories from his own practice and those of others that demonstrate the glaring shortcomings of the standard fifteen-minute patient visit. He also reveals the dangers of rampant diagnoses of bipolar disorder, ADHD, and other "popular" psychiatric disorders, and exposes the risks of the cocktails of medications so many patients are put on. Especially disturbing are the terrible consequences of overprescription of drugs to children of ever younger ages. Taking us on a tour of the world of pharmaceutical marketing, he also reveals the inner workings of collusion between psychiatrists and drug companies. Concluding with a road map for exactly how the profession should be reformed, *Unhinged* is vital reading for all those in treatment or considering it, as well as a stirring call to action for the large community of psychiatrists themselves. As physicians and drug companies continue to work together in disquieting and harmful ways, and as

diagnoses—and misdiagnoses—of mental disorders skyrocket, it's essential that Dr. Carlat's bold call for reform is heeded.

Ask a Manager

Chained to the Desk