



## Stress at Work

By Beth MacEoin

Wellhouse Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Stress at Work, Beth MacEoin, In the UK we are working longer and harder than our counterparts in every other European country and America. Working under these pressures has an adverse affect on our health and manifests itself in many cases as Stress. It is now widely accepted that a reasonable amount of stress is a good thing and essential to motivate us and to trigger the fight or flight' response we sometimes need to deal with exceptional tasks or situations. But excessive Stress can be extremely harmful to our physical and mental health and can in some cases be a cause of death for example the over pressurised Sales Rep rushing to their next appointment on our crowded roads. This book contains positive strategies to solve these problems to break the negative cycle and enable the reader to re-assess their overall work situation.



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