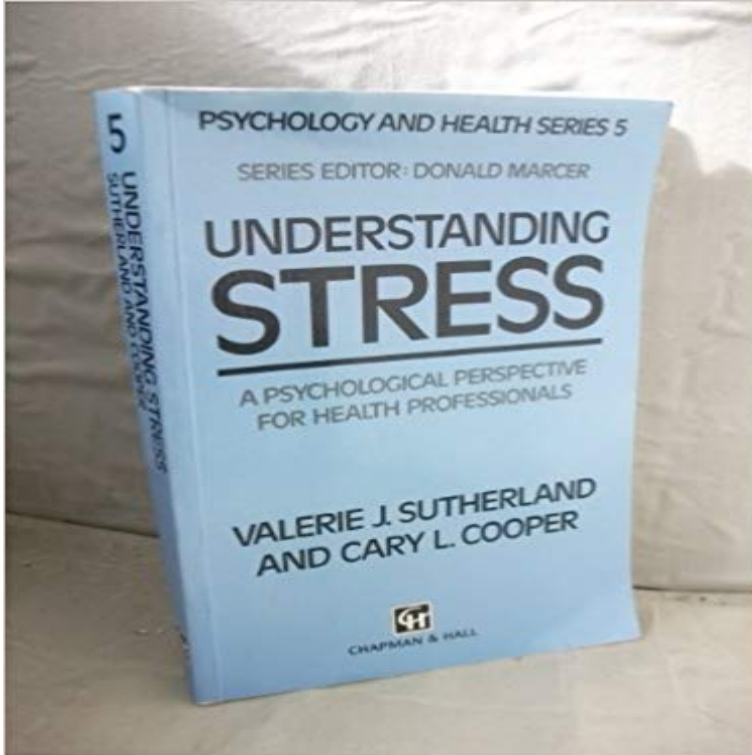


# Understanding Stress: A Psychological Perspective for Health Professionals (Psychology & health)



Health professionals are constantly faced with stressful situations during their working lives. Only recently has it been truly recognized that long-term stress can have serious effects on health. It may lead to diseases such as heart disease, irritable bowel syndrome and mental ill health amongst others. It is important therefore that health professionals are aware of the nature of stress in life and at work and its relationship to illness. This book should enable professionals to understand the sources of stress, their impact on illness and the stress-related problems associated with their own particular occupations. It also discusses how professionals can manage their stress by adapting their own approaches to work and the work place. Written by Cary Cooper, an authority in this area and Valerie Sutherland, a researcher in occupational stress, this book should be read by all health professionals who care about their own health. This book should be of interest to health professionals.

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