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Stress and Stress Management - Research Paper Example Essay

Stress has been in existence since the olden times, but the severity of the stressor factors are rapidly increasing especially since the 21st century (Westman, 2011). Nowadays stress is considered to be the norm in society, hence acceptable. These stressor factors are to be adequately addressed, as often they culminate into interference of the well-being of an individual. Stress paints a negative image of an individual which is characterized by a general feeling of dissatisfaction. However, the reasons underlying the rise of stressor factors in the environment has not been adequately studied and determined.

This research paper seeks to delve into the assessment and treatment of stress and the disorders elicited as a result of stressful conditions to an individual. More specifically, the study will assess the stressor factors present in corporate institutions and the general working environment. Moreover, the research paper provides an analysis of the historical facts relating to the origin of a stressful situation, after that, look into daily stressors at work environment. The concept of professional stress has to be dealt with by contemporary society since it is still a new thing in the corporate world. An active program is initiated to counteract the stressor factors once the idea of the causes of pressure in the working environment is assessed and determined.

The following research questions were used to facilitate the study:

What are some of the causative agents of stress in the corporate environment?

How can the stressful environment be contained, prevent future reappearance, and achieve coping of an individual with stress emotions?

Aim and Objective

The objective of this study centers on assessing and determining the effect of stress in the workplace. Moreover, we focus attention on the significance of stress management in the corporate environment. This study based on the developmental needs whose formulation based on three reasons, they include control of stressful conditions in the workplace, reduction of the effects of stress during work, and the delivery of individual weight from the work environment.

The objective of this research paper is to determine the significant reasons behind stressful conditions at work and, consequently, to identify the most effective ways of stress management and stress-related disorders.

Research Methodology

This study used the qualitative research method to enable the collection of realistic and data meeting the empirical standards. Personalized questionnaires were created and directed to target groups in the corporate industry, for instance, entrepreneurs, teachers, factory technicians, and among other professionals in various fields. Face-to-face interviews followed once the tests subjects were acquainted with the research questions. Sample representatives from diverse areas in the

Stress Report Paper

Devon Price



Stress Report Paper

Gender and Stress Rosalind C. Barnett, Lois Biener, Grace K. Baruch, 1987 In this volume the authors examine the variety of ways in which gender affects the stress process **Research Paper FPL**, 1981 Pituitary Adenylate Cyclase-Activating Polypeptide Hubert Vaudry, Akira Arimura, 2003 Pituitary Adenylate Cyclase Activating Polypeptide is the first volume to be written on the neuropeptide PACAP It covers all domains of PACAP from molecular and cellular aspects to physiological activities and promises for new therapeutic strategies Pituitary Adenylate Cyclase Activating Polypeptide is the twentieth volume published in the Endocrine Updates book series under the Series Editorship of Shlomo Melmed MD

Stress Testing at the IMF Mr. Tobias Adrian, Mr. James Morsink, Miss Liliana B Schumacher, 2020-02-05 This paper explains specifics of stress testing at the IMF After a brief section on the evolution of stress tests at the IMF the paper presents the key steps of an IMF staff stress test They are followed by a discussion on how IMF staff uses stress tests results for policy advice The paper concludes by identifying remaining challenges to make stress tests more useful for the monitoring of financial stability and an overview of IMF staff work program in that direction Stress tests help assess the resilience of financial systems in IMF member countries and underpin policy advice to preserve or restore financial stability This assessment and advice are mainly provided through the Financial Sector Assessment Program FSAP IMF staff also provide technical assistance in stress testing to many its member countries An IMF macroprudential stress test is a methodology to assess financial vulnerabilities that can trigger systemic risk and the need of systemwide mitigating measures The definition of systemic risk as used by the IMF is relevant to understanding the role of its stress tests as tools for financial surveillance and the IMF's current work program IMF stress tests primarily apply to depository intermediaries and systemically important banks The Health of Sexual Minorities Ilan H. Meyer, Mary E. Northridge, 2007-03-12 This is the first concise handbook on Lesbian Gay Bisexual and Transgender LGBT health in the past few years It breaks the myths breaks the silence and breaks new ground on this subject This resource offers a multidimensional picture of LGBT health across clinical and social disciplines to give readers a full and nuanced understanding of these diverse populations It contains real world matters of definition and self definition meticulous analyses of stressor and health outcomes a extensive coverage of research methodology concerns and critical insights into the sociopolitical context of LGBT individuals health and lives **Journal of Research of the National Bureau of Standards** United States. National Bureau of Standards, 1949 **Magnesium in the Central Nervous System** Robert Vink, Mihai Nechifor, 2011 The brain is the most complex organ in our body Indeed it is perhaps the most complex structure we have ever encountered in nature Both structurally and functionally there are many peculiarities that differentiate the brain from all other organs The brain is our connection to the world around us and by governing nervous system and higher function any disturbance induces severe neurological and psychiatric disorders that

can have a devastating effect on quality of life Our understanding of the physiology and biochemistry of the brain has improved dramatically in the last two decades In particular the critical role of cations including magnesium has become evident even if incompletely understood at a mechanistic level The exact role and regulation of magnesium in particular remains elusive largely because intracellular levels are so difficult to routinely quantify Nonetheless the importance of magnesium to normal central nervous system activity is self evident given the complicated homeostatic mechanisms that maintain the concentration of this cation within strict limits essential for normal physiology and metabolism There is also considerable accumulating evidence to suggest alterations to some brain functions in both normal and pathological conditions may be linked to alterations in local magnesium concentration This book containing chapters written by some of the foremost experts in the field of magnesium research brings together the latest in experimental and clinical magnesium research as it relates to the central nervous system It offers a complete and updated view of magnesium's involvement in central nervous system function and in so doing brings together two main pillars of contemporary neuroscience research namely providing an explanation for the molecular mechanisms involved in brain function and emphasizing the connections between the molecular changes and behavior It is the untiring efforts of those magnesium researchers who have dedicated their lives to unraveling the mysteries of magnesium's role in biological systems that has inspired the collation of this volume of work

Longitudinal Research in Occupational Health Psychology Toon W. Taris, 2017-10-02 Occupational health psychology OHP involves the application of psychology to improving the quality of work life and to promoting and protecting the safety health and well being of employees Achieving these aims requires researchers and practitioners to possess in depth knowledge of the processes that are presumed to bring about the desired outcomes To date most studies in OHP have relied on cross sectional designs in examining these processes In such designs all variables of interest are measured simultaneously Although this has generated useful insights in how particular phenomena are associated such designs cannot be trusted when it comes to drawing causal inferences association is not causation This book therefore focuses on longitudinal research designs in OHP whereby the concepts of interest are measured several times offering much stronger evidence for causal relationships The authors focus on design issues in longitudinal research such as the number of measurements chosen and the length of the time lags between these measurements and illustrate these issues in the context of applied research on topics such as the work family interface conflict at work and employee well being By doing so this volume provides a state of the art overview of current research in OHP both in terms of its findings and methodologies This book is based on a special issue of the journal *Work Stress Musculoskeletal Disorders and the Workplace* Institute of Medicine, National Research Council, Commission on Behavioral and Social Sciences and Education, Panel on Musculoskeletal Disorders and the Workplace, 2001-05-24 Every year workers low back hand and arm problems lead to time away from jobs and reduce the nation's economic productivity The connection of these problems to workplace activities from carrying boxes

to lifting patients to pounding computer keyboards is the subject of major disagreements among workers employers advocacy groups and researchers Musculoskeletal Disorders and the Workplace examines the scientific basis for connecting musculoskeletal disorders with the workplace considering people job tasks and work environments A multidisciplinary panel draws conclusions about the likelihood of causal links and the effectiveness of various intervention strategies The panel also offers recommendations for what actions can be considered on the basis of current information and for closing information gaps This book presents the latest information on the prevalence incidence and costs of musculoskeletal disorders and identifies factors that influence injury reporting It reviews the broad scope of evidence epidemiological studies of physical and psychosocial variables basic biology biomechanics and physical and behavioral responses to stress Given the magnitude of the problem approximately 1 million people miss some work each year and the current trends in workplace practices this volume will be a must for advocates for workplace health policy makers employers employees medical professionals engineers lawyers and labor officials

Stress and Human Performance James E. Driskell, Eduardo Salas, 2013-05-13 The pace of life in our high technology world has quickened Industries that do not become more efficient often by requiring a faster production turnaround with less slack are superseded Because of this workers face an environment in which they must perform under more time pressure and under greater task load in which stress is more prevalent and in which consequences of poor performance are more critical than ever before The dominant if unstated psychoanalytic paradigm underlying much stress research over the past fifty years has led to an emphasis on coping and defense mechanisms and to a preoccupation with disordered behavior and illness Accordingly almost any book with stress in the title will invariably devote a considerable amount of pages to topics such as stress related disorders clinical interventions stress and coping psychopathology illness and health issues This book presents basic and applied research that addresses the effects of acute stress on performance There are a large number of applied settings that share the commonalities of high demand high risk performance conditions including aviation military operations nuclear chemical and other industrial settings emergency medicine mining firefighting and police work as well as everyday settings in which individuals face stressors such as noise time pressure and high task load This book focuses directly on the effects of acute stress defined as intense novel stress of limited duration on performance The effects of stress on task performance decision making and team interaction are discussed as well as the interventions used to overcome them

Research Paper FPL-RP ,1986 **Ask a Manager** Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York s work advice columnist comes a witty practical guide to 200 difficult professional conversations featuring all new advice There s a reason Alison Green has been called the Dear Abby of the work world Ten years as a workplace advice columnist have taught her that people avoid awkward conversations in the office because they simply don t know what to say Thankfully Green does and in this incredibly helpful book she tackles the tough discussions you may need to have during your career You ll learn what to say when coworkers push their

work on you then take credit for it you accidentally trash talk someone in an email then hit reply all you re being micromanaged or not being managed at all you catch a colleague in a lie your boss seems unhappy with your work your cubemate s loud speakerphone is making you homicidal you got drunk at the holiday party Praise for Ask a Manager A must read for anyone who works Alison Green s advice boils down to the idea that you should be professional even when others are not and that communicating in a straightforward manner with candor and kindness will get you far no matter where you work Booklist starred review The author s friendly warm no nonsense writing is a pleasure to read and her advice can be widely applied to relationships in all areas of readers lives Ideal for anyone new to the job market or new to management or anyone hoping to improve their work experience Library Journal starred review I am a huge fan of Alison Green s Ask a Manager column This book is even better It teaches us how to deal with many of the most vexing big and little problems in our workplaces and to do so with grace confidence and a sense of humor Robert Sutton Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way Erin Lowry author of Broke Millennial Stop Scraping By and Get Your Financial Life Together *Information Experience* Christine Bruce,Helen Partridge,Kate Davis,Hilary Hughes,Ian Stoodley,2014-07-16 This book comprises innovative research on the information behavior of various age groups It also looks at special populations such as ethnic minorities indigenous peoples and users with disabilities The book presents research and reflections on designing systems that help the new generation cope with a complex knowledge society *Stress and Mental Health* William Avison,Ian H. Gotlib,1994-07-31 Providing fresh insights into the complex relationship between stress and mental health internationally recognized contributors identifie emerging conceptual issues highlight promising avenues for further study and detail novel methodological techniques for addressing contemporary empirical problems Specific coverage includes stressful life events chronic strains psychosocial resources and mediators vulnerability to stress and mental health outcomes thus providing researchers with a tool to take stock of the past and future of this field *Journal of Research of the National Bureau of Standards* ,1950 **Neural Plasticity and Memory** Federico Bermudez-Rattoni,2007-04-17 A comprehensive multidisciplinary review Neural Plasticity and Memory From Genes to Brain Imaging provides an in depth up to date analysis of the study of the neurobiology of memory Leading specialists share their scientific experience in the field covering a wide range of topics where molecular genetic behavioral and brain imaging techniq Expressive Writing James W. Pennebaker,John Frank Evans,2014 That s the advice James Pennebaker and John Evans offer in Expressive Writing Words That Heal This book will help you overcome the traumas and emotional upheavals that are keeping you awake You ll resolve issues improve your health and build resilience Based on nearly 30 years of scientific research the book shows you how and when expressive writing can improve your health Its clear explanations of the writing process will enable you to express your most serious issues and deal with them through writing Book jacket STOP, THAT and One Hundred Other

Sleep Scales Azmeh Shahid, Kate Wilkinson, Shai Marcu, Colin M Shapiro, 2012-01-06 There are at least four reasons why a sleep clinician should be familiar with rating scales that evaluate different facets of sleep. First, the use of scales facilitates a quick and accurate assessment of a complex clinical problem. In three or four minutes, the time to review ten standard scales, a clinician can come to a broad understanding of the patient in question. For example, a selection of scales might indicate that an individual is sleepy but not fatigued, lacking alertness with no insomnia, presenting with no symptoms of narcolepsy or restless legs but showing clear features of apnea, exhibiting depression, and a history of significant alcohol problems. This information can be used to direct the consultation to those issues perceived as most relevant and can even provide a springboard for explaining the benefits of certain treatment approaches or the potential corollaries of allowing the status quo to continue. Second, rating scales can provide a clinician with an enhanced vocabulary or language, improving his or her understanding of each patient. In the case of the sleep specialist, a scale can help him to distinguish fatigue from sleepiness in a patient or elucidate the differences between sleepiness and alertness, which is not merely the inverse of the former. Sleep scales are developed by researchers and clinicians who have spent years in their field, carefully honing their preferred methods for assessing certain brain states or characteristic features of a condition. Thus, scales provide clinicians with a repertoire of questions, allowing them to draw upon the extensive experience of their colleagues when attempting to tease apart nuanced problems. Third, some scales are helpful for tracking a patient's progress. A particular patient may not remember how alert he felt on a series of different stimulant medications. Scale assessments administered periodically over the course of treatment provide an objective record of the intervention, allowing the clinician to examine and possibly reassess her approach to the patient. Finally, for individuals conducting a double-blind crossover trial or a straightforward clinical practice audit, those who are interested in research will find that their own clinics become a source of great discovery. Scales provide standardized measures that allow colleagues across cities and countries to coordinate their practices. They enable the replication of previous studies and facilitate the organization and dissemination of new research in a way that is accessible and rapid. As the emphasis placed on evidence-based care grows, a clinician's ability to assess his or her own practice and its relation to the wider medical community becomes invaluable. Scales make this kind of standardization possible, just as they enable the research efforts that help to formulate those standards. The majority of Rating Scales in Sleep and Sleep Disorders 100 Scales for Clinical Practice is devoted to briefly discussing individual scales. When possible, an example of the scale is provided so that readers may gain a sense of the instrument's content. Groundbreaking and the first of its kind to conceptualize and organize the essential scales used in sleep medicine, Rating Scales in Sleep and Sleep Disorders 100 Scales for Clinical Practice is an invaluable resource for all clinicians and researchers interested in sleep disorders.

Recognition and Alleviation of Distress in Laboratory Animals National Research Council, Division on Earth and Life Studies, Institute for Laboratory Animal Research, Committee on Recognition and Alleviation of Distress in Laboratory

Animals, 2008-04-10 Scientific advances in our understanding of animal physiology and behavior often require theories to be revised and standards of practice to be updated to improve laboratory animal welfare This new book from the Institute for Laboratory Animal Research ILAR at the National Research Council Recognition and Alleviation of Distress in Laboratory Animals focuses on the stress and distress which is experienced by animals when used in laboratory research This book aims to educate laboratory animal veterinarians students researchers and investigators animal care staff as well as animal welfare officers on the current scientific and ethical issues associated with stress and distress in laboratory animals It evaluates pertinent scientific literature to generate practical and pragmatic guidelines Recognition and Alleviation of Distress in Laboratory Animals focuses specifically on the scientific understanding of the causes and the functions of stress and distress the transformation of stress to distress and the identification of principles for the recognition and alleviation of distress This book discusses the role of humane endpoints in situations of distress and principles for the minimization of distress in laboratory animals It also identifies areas in which further scientific investigation is needed to improve laboratory animal welfare in order to adhere to scientific and ethical principles that promote humane care and practice *Laziness Does Not Exist* Devon Price, 2021-01-05 From social psychologist Dr Devon Price a conversational stirring call to a better more human way to live Cal Newport New York Times bestselling author that examines the laziness lie which falsely tells us we are not working or learning hard enough Extra curricular activities Honors classes 60 hour work weeks Side hustles Like many Americans Dr Devon Price believed that productivity was the best way to measure self worth Price was an overachiever from the start graduating from both college and graduate school early but that success came at a cost After Price was diagnosed with a severe case of anemia and heart complications from overexertion they were forced to examine the darker side of all this productivity Laziness Does Not Exist explores the psychological underpinnings of the laziness lie including its origins from the Puritans and how it has continued to proliferate as digital work tools have blurred the boundaries between work and life Using in depth research Price explains that people today do far more work than nearly any other humans in history yet most of us often still feel we are not doing enough Filled with practical and accessible advice for overcoming society s pressure to do more and featuring interviews with researchers consultants and experiences from real people drowning in too much work Laziness Does Not Exist is the book we all need right now Caroline Dooner author of The F ck It Diet

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