

Toward Wellness: Prevention, Coping, and Stress #190 pages #Gordon S. Gates, Mimi Wolverton #9781931576352 #2002 #Information Age Pub., 2002

Coping with stress can be an important skill to master. Stress can take a major toll on our emotional, physical, and psychological well-being. Asking yourself whether something really needs to cause stress or can just be accepted as part of life, finding the humor in the ridiculousness of a stressful situation, or finding someone who seems to be coping with stress in a particular way and exploring their attitude are all effective appraisal-based coping strategies. While solution-based and appraisal-based coping mechanisms can both offer relief, it's sometimes difficult to know when something can (and should) be changed versus when it should be dealt with through acceptance. This unique and comprehensive handbook examines the various models of stress, coping, and health and their relevance for nursing and related health fields. Building on the first edition that has been highly praised for its analysis and critique of existing models and its discussion of new research surrounding self-regulation and stress, this Second Edition continues to provide a critical analysis of the field while providing up-to-date cutting-edge research. Under the expert editorship of Dr. Virginia Hill Rice, experienced scholars and practitioners present a broad range of issues and research. Coping and Prevention, pages ix-x Copyright 2012 by Information Age Publishing All rights of reproduction in any form reserved. ix. x Foreword. and making people aware of the importance of diagnosis, preventive actions, and proper treatment. This book on stress coping and prevention is one additional initiative to mitigate the increasing levels of stress in the workplace. We believe that through the information and practice from lessons learned that are provided here by some recognized professionals in this field in the world we will be able to achieve the aspired balance. Research on Stress and Coping in Education Gordon Gates, Series Editor Toward Wellness: Prevention, Coping, and Stress (2003) edited by Gordon S. Gates and Mimi Wolverton Thriving, Surviving, or Going Under: Coping With Everyday Lives (2006) edited by Erica Frydenberg Understanding Teacher Stress in an Age of Accountability (2006) edited by Richard Lambert and Christopher McCarthy Emerging Thought and Research on Student, Teacher Thus this book aims to explore the relationships between personality, coping, and stress in educational contexts Personality may impact both the way one copes and the types of stressors and degree of stress that one experiences in educational contexts.