

<b>Title</b>	<b>Managing Workplace Stress_ The Cognitive Behavioural Way</b>
<b>Author</b>	Koushiki Choudhury (auth.)
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<b>Brief Introduction</b>	<p>This is a self-help book that has been written for all those who are working and those who are about to enter the workplace. Workplace is defined as “any environment enabling work to be done”. This broader definition will make the workplace include any situation and place where people interact to exchange knowledge, services and information.</p> <p>The book discusses the various anxiety- and stress-inducing events that we face in the workplace and the ways to overcome them. The book is based on my extensive experience, research and studies in the areas of internal marketing, workplace stress and psychological counselling. I have included real-life scenarios of actual stress-, tension- and anxiety-generating situations that we all face in the workplace and have delineated the ways to address and resolve them using cognitive therapy (CT) and rational emotive behaviour therapy (REBT). These therapeutic techniques are the most widely used and powerful psychotherapeutic techniques, and their effectiveness has been thoroughly tested scientifically throughout the world. Briefly, cognitive behavioural therapy (also referred to as CBT – the umbrella term for CT and REBT together), which deals with identifying irrational negative thinking and replacing it with rational, realistic and healthier thinking, has been found to be effective for a wide range of emotional problems including anxiety and depression. The advantage of using psychotherapeutic techniques in addressing workplace stress is that it makes the approach scientific and therefore more reliable, robust, rational and effective. The book discusses the concepts of REBT and CT and attempts to show how these techniques can be used to challenge and overcome workplace stress by realistically and accurately interpreting events at the workplace. It also discusses irrational thinking and rational thinking, demanding rules and dogmas and the various techniques used in cognitive behavioural therapy (CBT). It sheds light on the multifarious cognitive errors that we suffer from, which results in faulty perception and interpretation of situations, thus enhancing anxiety. The objective is to achieve cognitive restructuring</p> <p>and move away from negative, distorted cognitive (thought) processes and towards more positive, realistic and rational thoughts. Hopefully, reading and practising these cognitive behavioural therapeutic techniques will enable the readers to overcome stress and anxiety at the workplace, emerge more attuned to reality and more calm, confident and happy.</p>