



ESTRÉS EN EL TRABAJO

El estrés en el trabajo es un fenómeno complejo.

Es el resultado de la interacción de múltiples factores como los siguientes:

- Problemas del entorno físico como una iluminación inadecuada, ruido, temperatura y humedad excesivos, escasez de espacio, etc.
- Ambigüedad en las funciones que se desempeñan, sobrecarga de tareas, escasa autonomía y participación en la organización del trabajo, conflictos interpersonales, etc.
- Exceso de competitividad, autoexigencia, perfeccionismo, impaciencia y hostilidad, escasas relaciones sociales de apoyo, etc.

¿Cómo puede manifestarse el estrés laboral?

- A veces, con alteraciones de la conducta y con consumo en exceso de alcohol y tabaco.
- En ocasiones aparecen síntomas como cansancio, insomnio, dolores de espalda y de cabeza.
- Otras veces hay alteraciones del humor con irritabilidad, ansiedad o depresión.

¿Qué actitud le puede proteger del estrés laboral?

- Mostrarse comprometido con lo que uno mismo es y con lo que uno hace.
- También el convencimiento de que se puede influir en los acontecimientos.
- Y creer que el cambio, más que la estabilidad, es parte de la vida. Es una buena norma.

¿Podríamos elegir diez reglas para intentar gestionar adecuadamente el estrés laboral?

1. Aprenda a relajarse: debe aprender algún método de relajación para dejar fuera de su cuerpo y de su mente la tensión.
2. Lleve una dieta equilibrada y practique regularmente ejercicio físico para estar en buena forma.
3. Dedique suficiente tiempo a dormir (un buen descanso).
4. No se preocupe por los asuntos poco importantes. Aprenda a diferenciar entre lo que es verdaderamente importante y lo que no lo es. Ponga las cosas en perspectiva.
5. No se enfade constantemente. Evite perder los nervios, pero si se enfada, intente mantener el control sobre sus sentimientos de enfado y oriéntelos de forma constructiva.
6. Aprenda a organizarse. Establezca cierto control sobre su entorno. Un ambiente agobiante y desorganizado colabora con la aparición del estrés.
7. Maneje el tiempo de forma eficaz. Aprenda a usar su tiempo de forma más efectiva. Controle su agenda en la medida de lo posible.
8. Haga uso de su red de apoyo social. Comparta tiempo con su familia, amigos y compañeros. Rodéese de personas que puedan escucharle y cuidar de usted.
9. Viva de acuerdo con sus propios valores. Tome conciencia de qué es lo que tiene importancia y qué es lo que no la tiene. Asegúrese de que las metas que persigue tienen un significado personal real para usted.
10. Haga uso del sentido del humor. Tómese las cosas con sentido del humor. Aprenda a reírse de sí mismo y de las circunstancias. No se tome excesivamente en serio.



Trabajo Identidad Estr

Cees B.M. Van Riel



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Jóvenes, trabajo e identidad Esteban Agulló Tomás, 1997 La diversidad juvenil que en principio parece obvia no ha sido considerada como tal por expertos e instancias responsables de la investigación sobre los jóvenes sobre todo no en la medida que sea necesario y pertinente Han proliferado y proliferan por doquier un sinnúmero de informes y estudios sobre el ámbito juvenil principalmente cuantitativos descriptivos unidimensionales que tienden a soslayar obviar y o descuidar la complejidad y la heterogeneidad de este colectivo Lo propio se podrá decir de la nula o escasa conceptualización así como la insuficiente fundamentación teórica que viene recibiendo este objeto de estudio por parte de las ciencias sociales Este libro se nos presenta como un intento de superar estas deficiencias o lagunas teóricas metodológicas Con este punto de partida el autor analiza de forma crítica sistemática y comprehensiva la articulación de tres importantes y específicas dimensiones de la realidad social los jóvenes el trabajo y la identidad A través de una aproximación psicosociológica y aplicando una metodología de corte fundamentalmente cualitativa se aborda la centralidad del trabajo en los jóvenes concepciones significados percepciones discursos y la incidencia determinación influencia de este fenómeno en el proceso de construcción de identidad juvenil Esteban Agull es sociólogo y psicólogo social Estudios multidisciplinares sobre identidades: trabajo, profesión y espacio, 2025-04-06 La presente obra es producto de una investigación colectiva desarrollada en 2022 en el seminario Estudios sobre identidades emergentes del Posgrado en Estudios Multidisciplinares sobre el Trabajo el cual se ofrece en el Labor Center perteneciente a la Facultad de Psicología de la Universidad Autónoma de Querétaro UAQ El objetivo del seminario fue dialogar y proponer investigaciones empíricas sobre problemáticas laborales profesionales y espaciales con el fin de que el estudio de las identidades sociales les brindara insumos para la comprensión de distintas problemáticas productivas y territoriales en México Desde una perspectiva multidisciplinaria y relacional este libro expone a través de sus distintos capítulos investigaciones empíricas sobre tres ámbitos apremiantes de la sociedad el mundo del trabajo la esfera profesional y los espacios en las ciudades Este trabajo colectivo contribuye al análisis y comprensión de los problemas productivos profesionales y socioespaciales enfatizando la relevancia de las configuraciones identitarias como mediación entre las dinámicas estructurales y agencia social Así busca contribuir al diálogo entre disciplinas y la colaboración entre instituciones y comunidades académicas que de manera conjunta ofrezcan alternativas para la atención de los problemas nacionales DOI <https://doi.org/10.52501/cc.141> Dinámicas sociales y roles entre mujeres Beatriz Noria-Serrano, 2023-07-13

Papers in this volume aim to reevaluate the importance of women as active and powerful social agents in the definition of ancient cultures their contribution to the economic and social development of the community and to the position reputation and prestige of their families

Transformaciones del trabajo, subjetividad e identidades: lecturas psicosociales desde Chile y América Latina Antonio Stecher, Lorena Godoy, 2024-10-01

Centr ndose en la realidad de Chile y Am rica Latina el libro presenta un an lisis sobre las dimensiones subjetivas del nuevo capitalismo y de las consecuencias a nivel psicosocial y sociolaboral en las mutaciones del trabajo y la realidad de quienes est n presentes en dicho contexto dando nfasis en la diversidad de aristas que se han presentando en los diversos ambientes laborales de la regi n Es as como el lector podr reflexionar a trav s de 15 ensayos de investigadores y representantes de las Ciencias Sociales sobre estas problem ticas y c mo se han adaptado o modificado a la luz de los procesos de modernizaci n y reestructuraci n productiva ocurridos en las ltimas d cadas en los pa ses de Latinoam rica

Alinear para ganar Cees B.M. Van Riel, 2012-04 La mejor estrategia est condenada al fracaso si no cuenta con el apoyo de los grupos de inter s clave de la compa a Hoy es imposible abrirse paso en los mercados globales y generar un valor sostenido en el tiempo sin el apoyo de los empleados inversores clientes medios de comunicaci n y reguladores entre otros Este libro explica todo lo necesario para alinear a los grupos de inter s clave para las compa as Mediante el ejemplo de 40 empresas el autor muestra c mo crear una estrategia y su posterior implantaci n para brindar a la empresa una influencia clave para abrir mercados obtener licencias para operar y minimizar numerosos problemas

Seminario Trabajo, identidad y vínculo social Centro de Estudios de la Mujer (Santiago, Chile), Universidad Diego Portales, 2006

Psiquiatría y psicoanálisis para el acompañante terapéutico Pía Martina Viesti, 2020-01-10 El acompa amento terap útico es un indispensable dispositivo de abordaje en el campo de la salud mental La inserci n de esta modalidad de trabajo en el marco de la interdisciplina emerge gracias a las nuevas miradas de la psicolog a la psiquiatr a y los derechos humanos poniendo de manifiesto la necesidad imperiosa de lograr un real acercamiento de estos nuevos actores sociales a los conocimientos fundamentales de dichas disciplinas El objetivo de este libro es brindar las herramientas b sicas que permitan alcanzar un responsable abordaje as como fomentar un empoderamiento del equipo de salud el acompa ante terap útico y el paciente fin ltimo de la moderna reestructuraci n del sistema de salud

Fundamentación teórica de la cultura, la estructura y la estrategia de la organización. Referentes para el análisis y diseño organizacional Olga Lucía Anzola Morales, Diego Armando Marín Idárraga, Juan Carlos Cuartas Marín, 2017-07-30 Los temas de cultura estructura y estrategia comprenden fen menos organizacionales que han tenido un importante desarrollo en los que existe escasez de trabajos que presenten de manera compilada los principales fundamentos te ricos y el an lisis de contenido de los autores escuelas y perspectivas m s representativos en su abordaje Esta obra realiza una fundamentaci n te rica de la cultura la estrategia y la estructura identificando sus principales carater sticas connotaciones concepciones y vetas de estudio

Los grandes problemas de México. Edición Abreviada. Sociedad. T-II Manuel Ordorica , Jean-François Prud'homme, 2012 Serie de cuatro

volúmenes que condensan la colección de dieciséis tomos que fue publicada en 2010 bajo el título de Los grandes problemas de México con motivo de las conmemoraciones del bicentenario de la Independencia del centenario de la Revolución y de los setenta años de El Colegio de México. Cada capítulo reproduce una estructura que contiene un diagnóstico un pronóstico cuando es posible y propuestas de acción en torno a problemas específicos. El presente volumen trata los principales problemas de carácter social en México: Desigualdad social Movimientos sociales Educación Relaciones de género y Culturas e identidades.

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