

Transforming Nurses' Stress and Anger

Steps Toward Healing

Second Edition

Sandra P. Thomas



Springer Publishing Company

Transforming Nursesstress And Anger Steps Toward Healing Second Edition

Soraya Chemaly



Transforming Nursesstress And Anger Steps Toward Healing Second Edition:

Transforming Nurses' Stress and Anger Sandra P. Thomas, 2014-05-14 Winner of an AJN Book of the Year Award This timely second edition is needed now more than ever Overworked nurses in understaffed health institutions are experiencing considerable stress and anger which can take its toll in fatigue physical health problems depression and substance abuse This wise and eloquent book written by the leading nurse expert on anger research uses the stories of dozens of ordinary nurses and nurse leaders to describe the consequences of mismanaged anger Specific strategies for channeling anger into personal and professional empowerment are described along with ways to interact in a positive and assertive manner with patients other nurses doctors and administrators to improve working conditions Nurses at every level and in any setting will find this an inspiring and refreshing book chapter

Transforming Nurses' Anger and Pain Sandra P. Thomas, 1998 Anger can be a fact of life for nurses due to features such as short staffing hostile staff interactions difficult patients or personal stresses And anger can take its toll in fatigue physical health problems depression and substance abuse Can we transform our anger and pain into something positive Sandra Thomas thinks so In this book she discusses the many sources of anger for nurses the consequences of its mismanagement and specific strategies for channeling anger into personal and professional empowerment The book is enlivened by many case examples from the author's extensive original research

From Management to Leadership Jo Manion, 2011-03-03 From Management to Leadership identifies the fundamental interpersonal skills that every health care leader and aspiring leader needs to develop in order to be a successful executive or manager The third edition of the classic text offers suggestions for developing and improving essential health care leadership skills Written to be a practical guide the book presents concepts and skills that can be immediately applied to everyday situations Completely revised and updated this edition includes new concepts and resources based on the latest research and practices Praise for the Third Edition of From Management to Leadership As leaders we want engagement commitment ownership teamwork and results Jo Manion illuminates the interpersonal skills that are pivotal She provides the how in a way that's convincing refreshing mind stretching and practical Wendy Leebov EdD president Wendy Leebov and Associates This third edition continues the tradition of enumerating the incisive and articulate response of leaders to the complexities of the age and of the necessary recalibration of the leader's role I encourage contemporary leaders to see this text as a must have in their leadership library I certainly have it in mine Tim Porter O Grady DM EdD ScD h APRN FAAN senior partner Tim Porter O Grady Associates Inc and associate professor College of Nursing and Health Innovation Arizona State University Finally a book that addresses the need for health care leaders and aspiring leaders to be much more than good managers This book gives practical concrete and insightful strategies to becoming a great leader Katherine W Vestal RN PhD FACHE FAAN president Work Innovations LLC Companion Web site www.josseybass.com/go/manion

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Overcoming Secondary Stress in Medical and Nursing Practice Robert J. Wicks,Gloria F. Donnelly,2021 Physicians physician s assistants nurses and other frontline medical professionals face increasing levels of stress exacerbated in the face of the COVID 19 global pandemic Overcoming Secondary Stress in Medical and Nursing Practice is an indispensable self care resource for medical and nursing professionals students and the counselors and therapists who work with them

Psychiatric and Mental Health Nursing for Canadian Practice Wendy Austin,Mary Ann Boyd,2010-01-01 Rev ed of Psychiatric nursing for Canadian practice Wendy Austin Mary Ann Boyd *The Journal of Continuing Education in Nursing* ,2004

Rage Becomes Her Soraya Chemaly,2018-09-11 A BEST BOOK OF

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SELECTION Refinery 29 Book Riot Autostraddle BITCH Rage Becomes Her is an utterly eye opening Bustle book that gives voice to the causes expressions and possibilities of female rage As women we ve been urged for so long to bottle up our anger letting it corrode our bodies and minds in ways we don t even realize Yet there are so so many legitimate reasons for us to feel angry ranging from blatant horrifying acts of misogyny to the subtle drip drip drip of daily sexism that reinforces the absurdly damaging gender norms of our society In Rage Becomes Her Soraya Chemaly argues that our anger is not only justified it is also an active part of the solution We are so often encouraged to resist our rage or punished for justifiably expressing it yet how many remarkable achievements would never have gotten off the ground without the kernel of anger that fueled them Approached with conscious intention anger is a vital instrument a radar for injustice and a catalyst for change On the flip side the societal and cultural belittlement of our anger is a cunning way of limiting and controlling our power one we can no longer abide A work of great spirit and verve Time Rage Becomes Her is a validating energizing read that will change the way you interact with the world around you

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