

# Stress and Anxiety: Application to Health, Work Place, Community, and Education. 2009.

Petra Buchwald. 9781443804806. 456 pages. Cambridge Scholars Publishing, 2009

Mental health issues such as anxiety and depression, are thought to be the leading cause of work absences, accounting for up to 40% of sickness leave.<sup>20</sup> In 2008, mental health accounted for 442,000 cases of work-related illnesses and has had an estimated cost of 13.5 million.<sup>21</sup> As a result, mental ill health now accounts for a significant proportion. of long-term sickness and early retirement, cited as the leading cause of illness for 20% of NHS employees.<sup>22</sup> Money and stress.Â Central effects of stress hormones in health and disease: understanding the protective and damaging effects of stress and stress mediators. Eur J Pharmacol., 583 (2-3), 174-185. NHS Choices (2014). Stress and Anxiety book. Read reviews from worldâ€™s largest community for readers. The book offers cutting-edge developments in both experimental and theo...Â The book offers cutting-edge developments in both experimental and theoretical aspects of stress and anxiety introduced by world-wide well-know researchers. It covers four major areas that are health, work place, community, and education. In the first part of the book issues of stress and health are discussed underscoring the importance of positive individual traits, posit The book offers cutting-edge developments in both experimental and theoretical aspects of stress and anxiety introduced by world-wide well-know researchers. It covers four major areas that are health, work place, community, Work-related stress and mental health problems often go together and the symptoms can be very similar. Work-related stress can aggravate an existing mental health problem, making it more difficult to control. If work-related stress reaches a point where it has triggered an existing mental health problem, it becomes hard to separate one from the other.Â The Management Standards approach can help employers put processes in place for properly managing work-related stress. By covering six key areas of work design you will be taking steps that will minimise pressure, manage potential stressors and limit the negative impact that the work could have on your employees.